



SANDF WP ATHLETICS CLUB

&

AIR FORCE BASE YSTERPLAAT



To commemorate the flight from England to Cape Town by two South African pilots in 1920

DATE: WEDNESDAY 11 OCTOBER 2023
TIME: 10KM – 18H15 CUT OFF TIME: 20H15
REGISTRATION: ONLINE: www.RaceTraq.co.za & On the Day

ENTRY FEES:	LICENCED ATHLETES	SENIOR R90	JUNIOR R55	70+ Free
	UNLICENCED ATHLETES	R135	R80	R45

START AND FINISH: AIR FORCE BASE YSTERPLAAT

PRIZE GIVING: 20H15

ENQUIRIES: ANTHONY MORTA 082 784 1953

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WESTERN PROVINCE ATHLETICS



We're here for you
Since 1918



RACE RUN IN ACCORDANCE WITH THE RULES OF ASA AND WPA

GENERAL INFORMATION

1. Registration: Online: www.racetraq.co.za/product/silver-queen-2023 and On the Day.
2. Number Collection: Sportsmans Warehouse Canal Walk: 08/10/23 from 10:00 – 14:00 and 09/10/23 from 15:00 – 19:00. At the event collection 11/10/23 from 16:15 till 18:00.
3. No 5 km Fun Run.
4. In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter.
5. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
6. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
7. Temporary license holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete. Temporary license runners must wear the race number on the front of their vest and the temporary license on the back.
8. Juniors (born 2004 or later) must display their category tags ("j") to qualify for age group prizes.
9. Participants must be 14 years or older to enter the 10km race.
10. 2023 Permanent ASA licenses number must be worn on front and back of their vest. Race Number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA license sponsor remains visible.
11. Licensed athletes should wear club colours. Temporary licensed athletes must run in clothing without advertising.
12. Stubs on race number, must be in the Athletes possession during the race and handed in at the results board at the finish.
13. Time limit: 120 Minutes.
14. Tog bag facilities will be available at runner's own risk.
15. Results will be posted on www.wpa.org.za.
16. Any ruling by the race committee will be considered final.
17. Participants must obey instructions from Marshals/Officials.
18. No personal seconding will be permitted, except at official refreshment stations.
19. The use of music players with headphones is not allowed and may result in disqualification.
20. **DISCLAIMER:** Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletics bodies and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event.
21. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
22. **PLEASE DO NOT LITTER.** Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referee #RunClean
23. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
24. Prize giving at 20H15.
25. Lucky draw prizes.

Women	Open	40-49	50-59	60-69	70+	14-19
1st	R700	R450	R450	R450	R450	R450
2nd	R500	R350	R350	R350	R350	R350
3rd	R400	R250	R250	R250	R250	R250
Men	Open	40-49	50-59	60-69	70+	14-19
1st	R700	R450	R450	R450	R450	R450
2nd	R500	R350	R350	R350	R350	R350
3rd	R400	R250	R250	R250	R250	R250

Entrance Gate in William Mason Street will open at 16h00 and close at 18H10.

Refreshments will be on sale.
Medals to first 1200 participants.