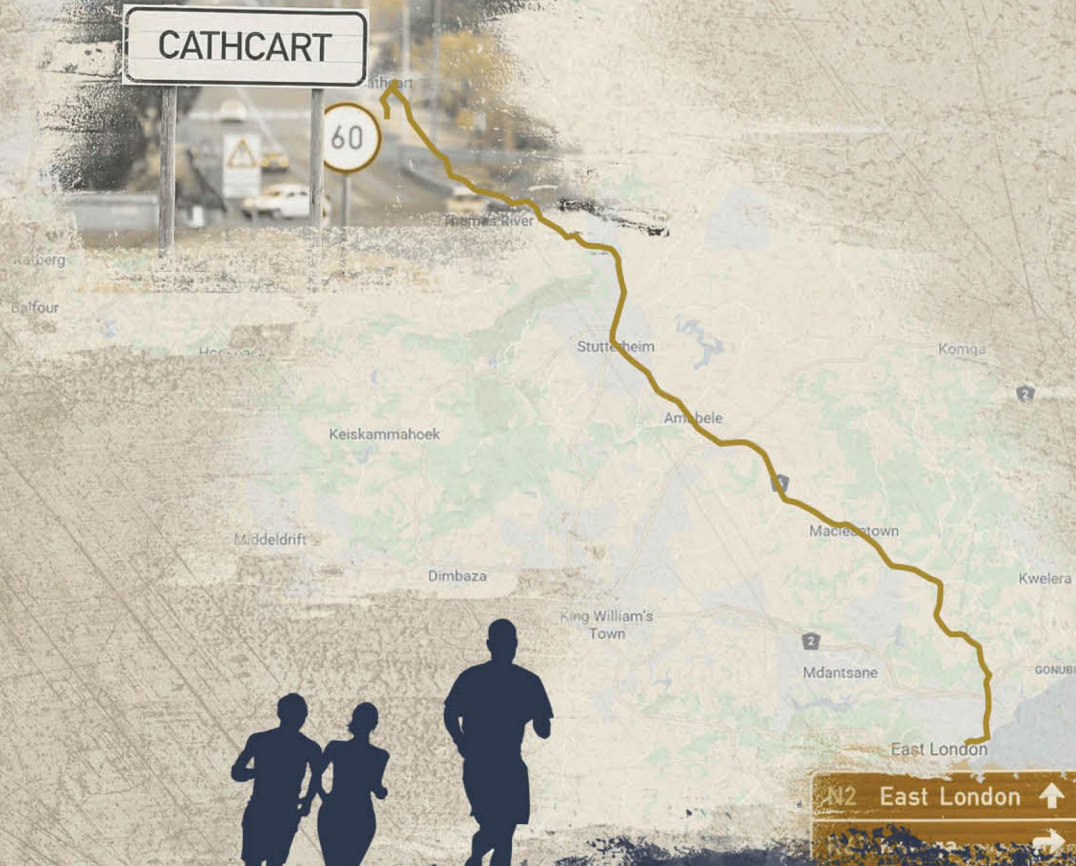


BUFFALO ROAD RUNNERS
PROUDLY PRESENT THE



44th WASHIE 100

23 - 24 JULY 2021



Once a Buff,
always a Buff!



ENTRIES

All entrants must be a licenced athlete

All entries online www.washie100miler.co.za.

Proof of payment/queries to info@washie100miler.co.za

Please use 2021 ASA licence number.

WASHIE 10 MILE VIRTUAL TEAM RELAY

All entrants must be a licenced athlete

All entries online www.washie100miler.co.za.

Proof of payment/queries to info@washie100miler.co.za

Please use 2021 ASA licence number.

- A team of 10 runners, to run anywhere in the country, a distance of 16.09km each to make a combined time for 100 Miles.
- A Team Captain must enter online for the team and after the event capture the times for the team.
- Virtual runners will receive a race number and personalised trophy (AFTER the event), please note delivery of the trophy is not included in the entry fee.

ENTRY FEES 100 Miler

NOVICE - R1200.00

PREVIOUS FINISHER R1000

NO LATE ENTRIES

ENTRY FEES Virtual Race

R1600 per team of 10 runners

(includes personally engraved trophy for each runner)

NO LATE ENTRIES

RUNNING APPAREL

Tracksuit Top:

(Novices and those running for permanent no's only)

S M L XL XXL

Runner Long Sleeve

T-shirt – R205.00

S M L XL XXL

BANKING DETAILS

EFT PAYMENTS ONLY

Buffalo Road Runners

Nedbank Account: **1210379864**

Branch Code: **121021**

RULES AND REGULATIONS

Race will be held under any Covid-19 protocols applicable at that time.

RACE PREPARATION: On the grounds of weather conditions for the Washie 100 Miler you should include protective gear for cold weather with several towels and clothing changes. A source of warm drinks is also advisable.

REGISTRATION AND RACE BRIEFING: Registration will be at the start (Cathcart Country Club) from 13h00 on Friday 23rd July onwards.

Race briefing is compulsory for all runners AND seconds, at 16h00 on Friday 23rd July 2021.

SECONDING: It is a condition of entry that entrants will provide their own seconds and seconding vehicles, at least 3 are recommended.

Runners, seconds and vehicle need to be as visible as possible for the duration of the event.

DISTANCE, TIMES AND CUT OFFS: The course is measured and is 100 miles. The finish is at the Buffs Club and all competitors must finish by 19h00 on Saturday 24th July (26 hour limit). Athletes will be retired at the ¼ way after 6 hours and ½ way after 13 hours. Spot checks will be set at various points during the race at the discretion of the committee and race referee.

RESULTS: Copies of results will be available at the prize giving and on the Buffs website www.washie100miler.co.za

MEMORABILIA: To be collected at Buffs club on Sunday 25th July 2021 at 10am

- A beautiful handmade Washie 100 Miler trophy.
 - Novices will receive a handsome tracksuit top.
 - Permanent Numbers will be awarded for completion of five journeys or three overall victories together with a Washie tracksuit top.
- The race is run in strict accordance with the rules of the World Athletics, Athletics South Africa and Border Athletics.
 - All foreign athletes must comply with World Athletics rules and have permission from their local federation to compete in this event.
 - Athletes are not required to qualify for the Washie 100 Miler.
 - All participants must be 20 years or older and be defined as an amateur under ASA rules.
 - Safety is a priority – runner, seconds and vehicles need to be made as visible as possible with reflective clothing, lights, flashing lights (amber or white only!), reflective tape etc.
Runners WILL be disqualified and removed from course for breach of this rule.
 - Seconding tables are not provided, personal seconding is a requirement to participate.
 - All entries close at midnight on Tuesday 20 July 2021.
 - Monies are not refundable for non-participation for any reason.
 - All entries must collect their race packs at registration between 13h00 and 16h00 on 23rd July 2021.
 - The start is at 17h00 at the Cathcart Country Club. The route will be discussed in detail at race briefing. There is a 35km loop just out of Cathcart. Runners must carry their own water.
The checkpoints will not be exact to the kilometer but allocated as follows:
¼ near Stone Ridge turnoff
½ entering Stutterheim at Engineering works on the RHS
¾ near Mimosa Park
 - Cycling seconds must ride BEHIND, not alongside, and must be well lit without having a light blinding oncoming traffic.
 - No person may use, for any reason, the Washie 100 Miler logo.

ENTRIES CLOSE: TUESDAY 20 JULY 2020

ENQUIRIES: Meta Scott | 081 487 4984