



Pinelands Athletics Club

HOHENORT 15km Road Race

RUN IN MEMORY OF DAVE SPENCE

SATURDAY 8 JANUARY 2022

ENTRIES: This is a pre-entry race. Runners must enter through Top Events (www.topevents.co.za)

NUMBER COLLECTION: Wednesday 5 to Friday 7 January 2022 from 12h00 to 18h00
Pinelands Athletics Club, Lower Cricket Oval,
55 Forest Drive Service Road, Pinelands

A pair of quality running socks will be given to each entrant at number collection.

START AND FINISH: Alphen Centre, Constantia Main Road, Constantia
at 06h00 (2h30 cut off and a staggered start)

SOCIAL RESPONSIBILITY: R5.00 of every entry fee will be donated to Woodside Special Care Centre

RACE COSTS: Licensed athletes (including juniors) R160.00.
Unlicensed athletes R210 includes temporary license.
Enter online at www.topevents.co.za

**PLEASE NOTE:
THERE WILL BE
NO TOG BAG
FACILITY**

PRIZEGIVING AND PRIZES: See details overleaf.

LUCKY DRAW: A virtual online lucky draw will take place after the race.
Prizes include Brooks running shoes and Totalsport Vouchers

REFRESHMENTS: This is a carry your own water event. There will be 1 water refill station on the course and Coca-Cola and water at the finish. There will be NO water sachets.

COVID 19 REGULATIONS AND COMPLIANCE: We will comply with all COVID 19 regulations at the time of the event. All entrants are expected to comply with the directives of the COVID. Compliance Officer at all times.



RACE INFORMATION AND ORGANISATION

Enquiries – Paul Rist on 082 4622287.

1. This is a pre-entry race only. Enter online at www.topevents.co.za until 28 December 2021.
2. Runners may need to complete COVID-related declarations at number collection.
3. All entrants to collect their race numbers in person due to COVID 19.
4. No club gazebos are permitted.
5. Race starts at 06h00 and ends in the parking area of Constantia Community Centre.
6. Cut-off time is 08h30 (2h30).
7. There will be **NO** tog bag facility.
8. Licensed athletes (including Juniors) entry fee is R160.
9. Unlicensed athletes R210 includes a temporary license.
10. Social walkers welcome. Walkers to start at the back and to keep to the side of the road.
11. **Race cancellation:** Should the race need to be cancelled, you may opt to take part in a virtual run and 50% of your entry fee will be refunded. If you do not want to take part in a virtual run, 70% of your fee will be refunded.

ENTRY RULES

1. The race is run according to the rules of ASA & WPA.
2. Runners must obey traffic officers, race marshals, race officials and the COVID Officer at all times.
3. Nobody under the age of 15 years may participate.
4. No personal seconding permitted except at official refreshment stations.
5. The time limit is 2 hours 30 minutes. Cut off 08h30.
6. Licensed runners should run in club colours and a license valid for 2021 must be worn on the front and back of the vest or purchase a temporary license to be worn on the front of the vest. Temporary License holders, when collecting their numbers, must complete and hand in the tear off strip from the number in order to be eligible to participate.
7. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize including Juniors.
8. Temporary licensed runners to wear plain clothing, no advertising.
9. Race numbers will be issued.
10. The use of music players with headphones is not allowed and may result in disqualification.
11. Entry cards must be carried throughout the race and handed in at the finish.
13. Do not litter. Dispose of any refuse or cups responsibly using the boxes provided or carrying them to the finish. Report offenders to the referees.
14. There will be one water refill station and Coca-Cola and water will be available at the finish. We will not be providing water in sachets.
15. 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.
16. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
17. Wheelchair athletes must please contact the organizers timeously to discuss arrangements for their participation.
18. Limited eats and refreshments will be on sale.
19. R5.00 of each entry fee will be donated to Woodside Special Care Centre.

PRIZEGIVING AND PRIZES

1. Prize giving: there will be no formal prize giving, however photographs will be taken of all the winners.
2. In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their Club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
3. 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.
4. Juniors born 2003 or after, must display age tags “J” to qualify for age group prizes. Juniors will count towards Open team prizes.
5. Licenses valid for 2021 must be worn front and back of vest and Club colours must be worn to qualify for team prizes.

MEN				WOMEN			
Age categories	1st	2nd	3rd	Age categories	1st	2nd	3rd
Juniors (15-19)	R900	R700	R500	Juniors (15-19)	R900	R700	R500
Open	R1 700	R1 200	R800	Open	R1 700	R1 200	R800
40-49	R900	R700	R500	40-49	R900	R700	R500
50-59	R900	R700	R500	50-59	R900	R700	R500
60-69	R900	R700	R500	60-69	R900	R700	R500
70+	R900	R700	R500	70+	R900	R700	R500

For more information, please call Paul Rist on 082 4622287 or visit www.pinelandsathleticclub.co.za / www.topevents.co.za

WOODSIDE SPECIAL CARE CENTRE (www.woodside.org.za)

Woodside SCC is an NGO situated in Rondebosch East, Cape Town, South Africa. After a phenomenal 45 years Woodside Special Care Centre is still the leader in providing excellent care to intellectually disabled children and young adults as well as their families.

If you would like to know more about our services or make a donation, please contact us at 021 696 2811

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