

27.03.22



30KM
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START TIME: 06:00
START VENUE: Parow Athletics Track
FINISH VENUE: Parow Athletics Track

ENTRY FEES

Senior Licensed athlete R180.00.
Senior Unlicensed athlete R240.00 includes temporary license.

Enter online at www.topevents.co.za until midnight 20th March 2022.
Please note that this is a online entry event only.
NO entries or collection will take place on race day.

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-19 Compliance Officer at all times.

Entries are limited to 1800

Medals: 100 Gold | 400 Silver | 1300 Bronze

For more info please call **Leon Thelander** on **083 999 6450**.



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reach for a dream



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RACE INFORMATION AND ORGANISATION

Enquiries – Email Info@topevents.co.za

1. This is a pre-entry race only.
Enter online at www.topevents.co.za until midnight 20th March 2022.
2. Please note that you will need to wear your mask at all times including at number collection, start area, fill up station and finish area. During the race you may remove your mask but must carry it with you at all times.
3. All entrants to collect their race number in person due to COVID-19.
4. No club gazebos are permitted.
5. Cut-off time is 10:30.
6. No spectators are allowed at the event.
7. An Email will be sent to you 3 days prior to the event with a link where you will complete your Covid-19 screening form. Please note that if this form is not completed before number collection you will NOT receive your race number to participate in the event.
8. **NO gathering at the finish area once you have completed the event.**
9. **PLEASE BE COVID 19 COMPLIANT AT ALL TIMES**
10. Entry fees are not refundable.
11. NO Tog Bag facility will be provided.

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-19 Officer at all times.
3. Nobody under the age of 19 years may participate in the race.
4. No personal seconding permitted.
5. The time limit is 4hours 30 minutes.
6. One race number (bib) will be issued. Registered athletes must wear their ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
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. The use of music players with headphones is not allowed and may result in disqualification.
10. Do not litter. Dispose of any refuse or cups responsibly using the boxes provided or carry them to the finish. Report offenders to the referees.
11. Refreshment tables will have water and coke at approximately 3kms apart. Please NO Littering.
12. 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.
13. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
14. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
15. Entry cards must be in the athlete's possession during the race and handed in at the results board at the finish.

PRIZE GIVING AND PRIZES

1. Prize giving: there will be no formal prize giving. Prize winners will be contacted after the event and their prizes paid by EFT.
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.

PRIZE MONEY - MEN & WOMEN				
	1st	2nd	3rd	4th
OPEN	R1500	R 1000	R 700	R 500
40-49	R 800	R 650	R 500	R 350
50-59	R 800	R 650	R 500	R 350
60-69	R 800	R 650	R 500	R 350
70+	R 800	R 650	R 500	R 350

NUMBER COLLECTION

Number collection will take place on Saturday 26th March 2022 from 10:00 - 17:00. At the following Sportsmans Warehouse Stores:

- Sportsmans Warehouse Rondebosch
- Sportsmans Warehouse Tygervalley
- Sportsmans Warehouse Somerset West

Please note that due to Covid-19 NO collections will take place on the day of the event.

Charity: Reach for a Dream Foundation

Reach For A Dream seeks to alleviate the strain that life-threatening illnesses place on sick children and their families by providing these dreamers with the opportunity to believe in their greatest wish.

The Foundation has been providing dreams to children all around the country for 33 years in counting. These young children are under extreme pressure to deal with these medical issues and are in desperate need of encouragement. In addition, Reach For A Dream offers the child a magical moment to regain their childhood that is being lost to an illness.

The vision is to grow the Foundation to enable us to continue giving hope to children fighting critical illnesses.

The Foundation hosts several national projects throughout the year to engage with the brave dreamers and wonderful donors.



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