

VELOCITY ATHLETIC CLUB



VAC ATLANTIS 21km and 3.5km Fun Run / Development event

SATURDAY 11 JUNE 2022

AT WESFLEUR SPORTS FACILITY, IN GROSVENOR AVENUE

GPS Co – Ordinates: 33°33'31.4"S 18°29'17.8"E

ONLINE ENTRY: <https://forms.gle/D1wYscdUrQCu9coN9> / WHATS APP ENTRY / ON THE DAY ENTRY



FOR ENQUIRIES, CONTACT


MARIO PHILANDER on 0812564203 / 0722541880 or LEE-SHAY WILLEMSE

0812566725 / 0781645118

Coca-Cola Peninsula Beverages

 **Kohler Box**
PACKAGING FIT FOR USE




WESTERN PROVINCE ATHLETICS
Race flyers and results
www.wpa.org.za
wpa-subscribe@yahoogroups.com

#RUNclean
A MODERN ATHLETE INITIATIVE

ENTRY

Online entries: <https://forms.gle/D1wYscdUrQCu9coN9>

WhatsApp ENTRIES to 0812566725 or 0812564203 will be accepted

Entries on the day will be taken from 5h30'.

ENTRY: *DIRECT ENTRY DEPOSIT / EFT / ONLINE BANKING: VELOCITY ATHLETIC CLUB, NEDBANK, (BRANCH 198765),
CURRENT ACC.2004 679 263*

STARTING TIMES

*Starting point: 21km, behind swimming pool at 7H00 in Grosvenor Avenue towards the south
Fun Run / Fun Race walk / Development Event start at 7h30*

PRIZE GIVING

Price giving will follow as soon after 10:30 once WPA officials confirmed the official prize winners. Prices will be given to price winners in envelopes.

21,1km	1st	2nd	3rd
OPEN	R1000	R800	R500
40-49	R500	R400	R300
50-59	R400	R300	R200
60-69	R400	R300	R200
70+	R400	R300	R200
TEAM OPEN PRIZE	M/F4x200		

MEDALS

All finishers within the cut off time will receive a medal.

GENERAL INFORMATION

1. Try to arrive early and look out for direction indicators and marshals
2. Race results will be available on www.wpa.org.za
3. Tog bags facilities will be available.
4. First aid will be available on the route and at the finish
5. We encourage runners to bring their own water however limited water will be available at every 6km and Coke at every other station.

ENTRY FEES

Entries close as soon as we reach 2000 entries or online entry close on 6 JUNE 2022 at 23h55.

21KM: R130 (LICENSED ATHLETES) – R210 (UNLISENSED ATHLETES)

FUN RUN / **FUN RACE WALK** / DEVELOPMENT RUN ENTRY R30

RULES

1. The race is run according to the rules of ASA and WPA minimum age on race day is 16 years
2. Participants must obey instructions of marshals and/traffic officers.
3. It is compulsory for entrants to register.
4. No personal seconding will be permitted, except at official refreshment stations.
5. Time limit: 21km=3 hours 30 minutes starting at (7h00)
10. The organizers as well as WPA accept no responsibility for any accident or injury resulting for participating in this event.
11. Ruling by the Jury of Appeal will be considered final and failure to comply with any rule may lead to disqualification
12. The use of music players with head phones is not allowed and may result in disqualification
13. Temporary licenses will be issued only for the event. Participants must complete and hand in the tear-off strip from the number in order to be eligible to compete.
14. Do not litter. Dispose sachets and cups responsibly by using the boxes provided or carrying them to the finish
15. Report offenders to the referees. # RUN CLEAN
16. Detailed rules are available on www.wpa.org.za or on request from the organizers of the WPA office.

21km RACE RULES

- The race is run according to the rules of ASA and WPA.
- Entry cards must be in the athlete's possession during the race and must be handed in at the results board at the finish. Any participant not able to produce a race entry card when asked to do so by a race official maybe disqualified.
- In addition to overall (open) prizes, participants will only be eligible for an age category prize in the age category they enter.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- 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.
- Licensed athletes should wear club attire. Full club attire must be worn to qualify for team prizes.
- No race numbers (bibs) will be issued. Registered athletes must wear their ASA licenses on front and back of their vest.
- Wheelchair athletes must please contact the organizers timorously to discuss arrangements for their participation.
- Unregistered participants must purchase a Temporary License which must be worn on the front of the vest.

Licenses

Licensed athletes must run in their club attire and a valid 2022 ASA number must be worn on the front and back of the vest or purchase a temporary provincial number to be worn on the front of the vest.

WHATSAPP ENTRY DETAILS ONLY

Send details below via whatsapp only to 0812566725 or 0812564203 **including proof of payment**

- a) Name
- b) Surname
- c) Id number
- d) Emergency contact
- e) Medical aid
- f) Club name
- g) Age Category
- h) Province
- i) License Athlete
- j) Temp License Athlete

DECLARATION

The race is held under the rules of provincial and national sports associations, ASA and WPA. Participants in the VAC Half-marathon and related activities (the event) acknowledge that although all precautions have been taken by the organizing body, there may be dangers inherent in participation in the Event. Participants voluntarily assume such risks and waive all claims of whatsoever nature and howsoever arising in relation to the Event against any parties, including but not limited to the organizing body, sponsors, advertisers, local authorities, directors, employees and suppliers of these parties and any individual, official, marshal or agent (" the Parties "). Participants irrevocably indemnify the parties against any liability or claim so of any nature whatsoever and howsoever arising (whether directly or indirectly, whether from negligence, albeit gross and / or from involvement in or passage to or from the Event), including but not limited to liability or delay, inconvenience, accident, death, injury, illness to their person, or loss of or damage to property or costs and expenses sustained, incurred or put to by Participants and / or by a minor child under the care or control of participants. Parents or guardians authorizing minor participation in the even thereby consent to such minor not being capable of waiving his/ her rights as stipulated above

SIGNATURE: -----DATE: -----2022
Parent or guardian if under 18 years of age

