

SANDF WP AC JOHN KORASIE 30KM

All entrants are to comply
with Covid-19 regulations.

Simon's Town Naval Sports Field
Sunday, 14 August 2022

07H00

Licensed Athletes = R140

Unlicensed Athletes = R200

Entry online at
racetraq.co.za

Race Capped at 2000
Medals: 10 Gold (Top Men and Women) |
80 Silver | 1900 Bronze
Cut-off : 4h30min

Please note:

Entry close 7 August 2022.

Entries will be available online or at Number
collection if race cap not reached.

Race Number collection:

Sportsman Warehouse Tokai.

Raceday from 05:00am.

No raceday entries.

Info:

Tladi : 081 2124749

Luqmaan : 082 847 1680



WESTERN PROVINCE ATHLETICS

Race flyers and results

www.wpa.org.za

wpa-subscribe@yahoogroups.com



Coca-Cola Peninsula
Beverages



Kohler Box
PACKAGING FIT FOR USE



PRESENTED BY SANDF WP ATHLETICS CLUB

Rules and Race Information:

1. Entries: Online at www.racetraq.co.za (should you have any enquiries about entering online, please contact web-query@racetraq.co.za) the closing date for on-line entries, is midnight on Friday 12th August 2022. On-line entries include a service charge.
2. Race card collection for on-line entries will be at Sportsman Warehouse Tokai on Friday, 12th August 2022 from 14h00 to 17h30 and Saturday, 13th August 2022 from 10h00 to 16h30 or at the race venue from 05h00am.
3. **PLEASE BE COVID 19 COMPLIANT AT ALL TIMES**
4. Start: The race starts at 07H00 from Naval Base Sports Field – Martello Road.
5. Age Limit: The minimum age, on the day of the race, for participants is 19 years or older.
6. Cut off: 4 hours 30 minutes at 11H30, giving time for fast walkers.
7. Prize Giving will commence within 15 minutes of cut off time.
8. Participants must obey instructions of Marshalls, Race Officials and Traffic Officers.
9. Entry cards must be in the athlete's possession during the race and handed in at the results board at the finish.
10. Licensed Athletes must wear 2022 Licences on the front and back of the vest.
11. Unlicensed Athletes must buy a 2022 Temporary Licence and display it on the front of the vest.
12. Participants will be eligible for prizes in the Open Category and the age category for which they have entered and are carrying the relevant Entry Card and are visibly displaying the relevant Age Category Tags (front and back) for the duration of the race. Participants may enter the age category corresponding to their chronological age or any younger category.
13. Temporary licensed participants are eligible for age category prizes provided that they enter the relevant age group, wear the appropriate age category tags and provide proof of age. Temporary athletes must run in clothing with no advertising.
14. Licensed athletes should wear club colours. To qualify for team prizes, athletes must wear full club colours and participate with a permanent licence.
15. No personal seconding will be permitted, except at official refreshments stations. No personal seconding will also be permitted from a moving vehicle or bicycle.

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
TEAM	Open Men and Women: 4 X R250			

16. The race is run according to the rules of World Athletics, ASA and WPA.
17. Race Result will be available on the WPA Website (www.wpa.org.za).
18. Tog bag facilities will be provided at own risk, at the finish.
19. Toilets will be available at the start/finish.
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. No Race numbers will be issued. All registered athlete must wear two license numbers.
22. The use of personal music players with headphones is not allowed may result in disqualification.
23. Temporary licences will be available at registration. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete.
24. 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
25. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
26. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.