



SANDF WP ATHLETICS CLUB & AIR FORCE BASE YSTERPLAAT



To commemorate the flight from England to Cape Town
by two South African pilots in 1920

DATE: WEDNESDAY 12 OCTOBER 2022
TIME: 10KM – 18H15 **CUT OFF TIME:** 20H15
REGISTRATION: ONLINE ONLY: www.RaceTraq.co.za
ENTRY FEES: 10KM LICENCED ATHLETES R80 **JUNIOR R50**
 10KM UNLICENCED ATHLETES R120 **R75**
START AND FINISH: AIR FORCE BASE YSTERPLAAT
PRIZE GIVING: 20H00
ENQUIRIES: ELMIEN VAN EEDEN 083 408 2356
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 ANTHONY MORTA 082 784 1953
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WESTERN PROVINCE ATHLETICS



We're here for you

Since 1918



RACE RUN IN ACCORDANCE WITH THE RULES OF ASA AND WPA

GENERAL INFORMATION

1. Registration: Online only www.RaceTraq.co.za/product/silver-queen-2022
2. Number Collection: Sportsmans Warehouse Canal Walk: 09/10/22 from 10:00 – 14:00 and 10/10/22 from 15:00 – 19:00. At the event collection 12/10/22 from 16:30 till 18:00.
3. No 5 km Fun Run.
4. In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter.
5. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
6. 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.
7. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete. Temporary license runners must wear the race number on the front of their vest and the temporary license on the back.
8. Juniors (born 2003 or later) must display their category tags ("j") to qualify for age group prizes.
9. Participants must be 14 years or older to enter the 10km race.
10. 2022 Permanent ASA licenses number must be worn on front and back of their vest. Race Number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA license sponsor remains visible.
11. Licenced athletes should wear club colours. Temporary licenced athletes must run in clothing without advertising.
12. Stubs on race number, must be in the Athletes possession during the race and handed in at the results board at the finish.
13. Time limit: 120 Minutes.
14. Tog bag facilities will be available at runner's own risk.
15. Results to be will distributed to all clubs and will be posted on www.wpa.org.za.
16. Any ruling by the race committee will be considered final.
17. Participants must obey instructions from Marshals/Officials.
18. No personal seconding will be permitted, except at official refreshment stations.
19. The use of music players with headphones is not allowed and may result in disqualification.
20. Neither the SANDF nor the organisers or WPA accept responsibility for any accident or injury resulting from participating in this event.
21. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
22. **PLEASE 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
23. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
24. Prize giving at 20H00.
25. Lucky draw prizes.

Women	Open	40-49	50-59	60-69	70+	14-19
1st	R700	R500	R500	R400	R400	R400
2nd	R550	R400	R400	R300	R300	R300
3rd	R450	R300	R300	R250	R250	R250
Men	Open	40-49	50-59	60-69	70+	14-19
1st	R700	R500	R500	R400	R400	R400
2nd	R550	R400	R400	R300	R300	R300
3rd	R450	R300	R300	R250	R250	R250

Gates will close at 18H10
Refreshments will be on sale
Medals to first 1200 within cut-off time