PROUDLY SPONSORED BY BLUFF AC AND COMMUNITY PARTNERS

NO LITTERING ON OUR ROADS!



WA Rule 28.5 makes provision for a Race Referee to warn an athlete by showing a yellow card and exclusion by showing a red card. No littering rule will apply!

Bluff AC asks that you hold onto your sachets/cups and dispose of them with all your other litter in the bins that will be provided.

- Current licenses, age category and walker tags must be clearly worn on the front and back of the vest/crop top. Club colors must be worn.
- Temporary licenses (if applicable) must be worn on the back of the vest/crop top with the race number on the front. Temporary licensed athletes must wear a plain colored vest/crop top with no advertising.
- Refreshment stations will be provided along the route. No personal seconding permitted
- Prize giving will take place at 09h30. Category winners must supply proof of age (ID/Drivers Licence)
- Cut-off: 21.1km and 15km walk 3½hrs (09h30). Athletes still on route should retire
- How to enter: Online registration: <u>www.eventtiming.co.za</u> (closes 1-week prior)
- Manual registration/race number collection will take place on Saturday 19th November from Fynnlands Combined Sports Club from 10h00 to 16h00.
- NB!! NO REGISTRATIONS WILL BE TAKEN ON SUNDAY MORNING.
 Only Race Number collection from 05:00 to 05:45
- Race to be run according to rules laid down by WA, ASA & KZNA. All entrants to abide by these rules. All foreign athletes must abide by WA Rules 4.2 22.1, 142 and ASA Rule 9.
- Marshalls, Technical Officials and Traffic Officers must be obeyed at all times
- All entrants participate at their own risk and organisers will not be held responsible for any loss of property or injury during or after the event.



Online entries available from 08 August 2022 on www.eventtiming.co.za

PARKING AT THE ON THE FIELD.

RANCE AND

CLUB GAZEBOS MAY BE EXECTED DEMARCATED AREAS ON THE FASATURDAY BEFORE THE RACE.

Enquiries: 083 625-3386/ info@bluffac.co.za

BLUFF RACE FEST 2022

Sunday 20 November 2022 at 06:00am

21.1km run @ R180 (temp @ R80) 15km walk @ R120 (temp @ R50) 70+ Age group = Free Entry

Start and Finish: start for both distances will be 06h00 Fynnlands Combined Sports Club 55 Smith Drive Bluff

PRIZES

| | Male/Female | 21KM | 15KM (walk ONLY) |
|--|---------------------|----------|------------------|
| | 1 st | R1000.00 | R 750.00 |
| | 2 nd | R 750.00 | R 500.00 |
| | 3 rd | R 500.00 | R 300.00 |
| | 1st Junior (M & F) | R 200.00 | R 200.00 |
| | 1st 40-49 | R 200.00 | R 200.00 |
| | 1st 50-59 | R 200.00 | R 200.00 |
| | 1st 60-69 | R 200.00 | R 200.00 |
| | 1 st 70+ | R 200.00 | R 200.00 |









