



SPOOKHILL CHALLENGE



15km SPOOKHILL CHALLENGE 5km FUNRUN

Start & Finish at Beaumont Primary School, Somerset West. Entries limited to 2000 Runners

SATURDAY 17 JUNE AT 08:00

COLLECTIONS FROM:

TimBuild Stellenbosch
Thursday 15 June
8am - 5pm

TimBuild Somerset West & TimBuild Woodstock
Thursday 15 June Friday 16 June
8am - 5pm 8am - 1pm

ENTER ONLINE AT



Free Shirt to first 20
Entries on 15km!

Cashless SNAPSCAN
entries on race day

Spookhill is a section of Parel Valley Road in Somerset West, where, if you switch your car off it appears to run up the hill instead of moving downhill. It has generated much discussion as to whether this apparent phenomenon is an optical illusion due to magnetism, or just one of the world's great unsolved mysteries!

15km CHALLENGE

START TIME - 08:00

- Medals to all finishers within 2:30 cut-off time
- Age limit: 15 years or older on race day
- For category prizes: Age tags must be worn (front & back)

COST

- R120 (licensed runner)
- R180 (unlicensed runner)
- Free entries for runners over 70
- *Wheelchair athletes must contact the organisers*

5km FUN RUN

START TIME - 08:15

- Medals to all finishers within 2 hour cut-off time
- Children under 9 years must be accompanied by an adult
- Participants must display Fun Run entry cards at the finish to receive medals

COST

- R50

This race will make a donation to the Helderberg Stroke Support Group



PRIZE-GIVING & LUCKY DRAW AT 10:30AM

Men & Women	Open	40-49	50-59	60-69	70 plus	Junior 15-19
1st prize	R 1,700	R 1,000	R 600	R 600	R 600	R 600
2nd prize	R 1,000	R 750	R 400	R 400	R 400	R 400
3rd prize	R 800	R 500	R 300	R 300	R 300	R 300

1st man & woman under route record R500 each

TEAM PRIZES (total time)
Open men: 4 x R300
Open women: 4 x R300

King & Queen of the mountain
will receive R350 each
(must complete race within time)

Route Record: Men 46:43 (Greg Liefeldt) Women 54:28 (Frith v.d. Merwe)

CONTACT: spookhill@helderbergharriers.co.za

This is a #CarryMyOwn race and is plastic-free. NO SACHETS WILL BE SUPPLIED!
Bring your own reusable water bottle or cup to refill at our well stocked Water stations



GENERAL INFORMATION

- Tog bag security facilities will be provided at own risk.
- Helderberg Harriers and WPA do not take responsibility for lost or stolen items.
- Refreshments will be on sale after the race.
- Medals to all finishers **within cut-off times**.
- Water will be available at the refill stations during the race and Coke & water will be available at the finish.
- A limited amount of cups will be supplied but we **encourage all runners to carry their own cups or small bottles that can be refilled at each station**.
- **THERE WILL BE WATER STATIONS AT REGULAR INTERVALS BUT NO PLASTIC SACHETS.**
- Remember to **#RunGreen #IcarryMyOwn**
- No Littering. Runners dispose of their litter within a "designated area".
- Athletes who dispose of cups or other litter outside of these designated areas shall be guilty of an offence and liable to a warning and/or a fine.

RULES

- Licensed athletes must wear 2023 licences on their vests, front & back.
- All entrants must be 15 years or older on the day of the race.
- In the 5km FunRun Children under 9 must be accompanied by an adult.
- Time limit for the 15km race is 2 hours and 30 minutes
- Age category tags (e.g. 40 / Junior) must be worn on the front and back of the vest, if runners wish to be eligible for category prizes. Runners should enter the age category corresponding to their chronological age, but may enter a younger category down to senior.
- Temporary licensed runners are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age
- Juniors (born 2004 or later) wearing a senior or junior licence must display category tags (J) to qualify for age group prizes. Juniors will count towards open team prizes.
- CLUB COLOURS must be worn to qualify for TEAM PRIZES.
- Runners must obey marshals/traffic officials.
- The organisers, sponsors and WPA accept no responsibility for any accident or injury resulting from participation in this event.
- No personal seconding will be permitted except at official refreshment stations.
- The use of music players with headphones is not allowed and may result in disqualification
- 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.
- Do Not Litter. This is a **#CarryYourOwn** event. Dispose of litter responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees.
- Detailed rules are available on the www.wpa.org.za website or on request from the organisers or the WPA office.
- **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.