

EERSTE RIVER ATHLETIC CLUB

COCA-COLA ROAD RUNNING LEAGUE RACE 2023



UNDER THE AUSPICES OF WPA
AND ASA



RACE ENTRY FEES		CUT-OFF TIMES
15 Km Licenced athlete (including Juniors)	R110	15 Km – (2 hours 30 minutes)
15 Km Unlicensed athlete	R170	Entries Taken: Stratford Prim School Hall on the morning of the Race from : 05h00 – 07h00 am
5 Km Fun Run	R30	Pre-Entries : Friday 30 June 2023 from 17h00-20h00 pm

Lucky draw prizes to 15 km & Fun Run

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Saturday 01 JULY 2023

STRATFORD PRIMARY SCHOOL – EERSTE RIVER

STARTING TIMES:

15 Km: 07h15

Medals to the first 1200 finishers

5 Km Fun Run/Walk 07h30

Medals to the first 300 finishers

PRIZE MONEY: 15KM			
MEN / WOMEN	1st	2nd	3rd
OPEN	R1000	R600	R400
40-49	R600	R450	R300
50-59	R500	R350	R300
60-69	R500	R350	R200
70+	R500	R350	R200
15-19	R400	R300	R200
OPEN TEAM	4 x R200		

RACE RULES:

1. The Eerste River 15km Coca Cola league road race and 5km fun run in accordance with the rules of ASA and WPA.
2. Participants must be 15 years of age or older on race day to participate in the 15km.
3. In the Fun Run children under 10 years must be accompanied by an adult
4. Temporary licenses will be available at registration. When registering, participants must complete and hand in tear-off strip from the number in order to be eligible to compete. Temporary license to be worn on the chest. A valid 2023 license number must be worn on the front and back of the vest.
5. 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.
6. Unlicensed runners must wear plain clothes (no advertising permitted).
7. No personal seconding of pacing will be allowed on the route, except at official refreshment stations.
8. In addition to overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
9. Juniors (born from 2004 onwards) wearing junior or senior license must wear an age category (J) tag to qualify for age group prizes.
10. Entry race cards must be in athlete's possession at all times during the race and handed in at the results board at the finish.
11. All traffic officers and marshals must be obeyed.
12. The race organisers reserve the right to accept or reject any entry.
13. No race numbers will be issued.
14. The entry fee is non-refundable
15. Kilometer markers will be placed at each kilometer mark.
16. Refreshments stations will be situated approximately every 3km.
17. There will be a tog bag facility available at own risk. The organisers, Eersterivier Athletics Club, as well as Western Province Athletics will not be held responsible for loss or damages. **Do not leave valuables or cash in your bag.**
18. Toilets will be available
19. Parking is available on the school grounds, in front and behind Shoprite Shopping Centre
20. Prize Giving will take place at 10:00 on the Stratford Primary School Sport field.
21. This is a WPA 15km Coca Cola League Road Running Race.
22. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation
23. The organisers and sponsors accept no responsibility for injury or accident resulting from participation in the race
24. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. #RunClean.
25. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
26. **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.
27. Walkers are welcome in the 15km

Please **DO NOT LEAVE** any valuables in your car

