



# SANDF WP ATHLETICS CLUB JOHN KORASIE



## 30KM



## 13 AUG 23 - SUN 7 AM SIMON'S TOWN MARTELLO NAVAL SPORTS FIELD

### ENTRY FEES

**R160** (Licensed)

**R230** (Unlicensed)

Online entries 1 Jul - 2 Aug

**FREE ENTRY FOR AGE: 70+**

### REGISTRATION VENUES

SPORTSMAN'S WAREHOUSE  
Tokai & Tygervalley Branches  
Fri 11 Aug 10:00am - 17:30pm  
Sat 12 Aug 10:00am - 16:30pm

Late entries and registration at  
Martello Sports Field  
**05:00am - 06:45am**

**CONTACT: SINETHEMBA MASANA: 0605033936 OR THABANG TLADI: 0795909467**

Medals awarded to all finishers within cut-off time of 4hr 30min (11h30) Silver to first 100





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## Rules and Race Information



1. Entries: **Online** at [www.racetraq.co.za](http://www.racetraq.co.za) (should you have any enquiries about entering online, please contact web-query@racetraq.co.za) online entries open Saturday 1st of July and the closing date for on-line entries, is midnight on Wednesday 2th August 2023. On-line entries include a service charge. Late entries and registration will be available at the Martello Sports Field on the race day from 05:00am - 06:45am.
2. Late entries will be accepted at the collection points. 'Late card payments will incur additional fees of R5 for licensed runners and R7 for unlicensed runners.'
3. Start: The race starts at 07H00 from Naval Base Sports Field – Martello Road.
4. Age Limit: The minimum age on the day of the race for participants is 19 years or older.
5. Cut off: 4 hours 30 minutes at 11H30.
6. Prize Giving will commence at cut off time, there will be Spot prizes for grabs.
7. Participants must obey instructions of Marshalls, Race Officials and Traffic Officers.
8. Entry cards must be in the athlete's possession during the race and handed in at the results board at the finish.
9. Licensed Athletes must wear 2023 Licences on the front and back of the vest.
10. Unlicensed Athletes must buy a 2023 Temporary Licence and display it on the front of the vest.
11. 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.
12. 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.
13. To qualify for team prizes, athletes must wear full club

### PRIZE MONEY - MEN & WOMEN

	1st	2nd	3rd
<b>OPEN</b>	<b>R1750</b>	<b>R950</b>	<b>R800</b>
<b>40 - 49</b>	<b>R950</b>	<b>R750</b>	<b>R550</b>
<b>50 - 59</b>	<b>R950</b>	<b>R750</b>	<b>R550</b>
<b>60 - 69</b>	<b>R950</b>	<b>R750</b>	<b>R550</b>
<b>70 +</b>	<b>R950</b>	<b>R750</b>	<b>R550</b>
<b>TEAM</b>	<b>Open: 4 x R280</b>		

14. No personal seconding will be permitted, except at official refreshments stations. No personal seconding will also be permitted from a moving vehicle or bicycle.
15. The race is run according to the rules of World Athletics, ASA and WPA.
16. Race Results will be available on the WPA Website ([www.wpa.org.za](http://www.wpa.org.za)).
17. Tog bag facilities will be provided at own risk, at the finish.
18. Toilets will be available at the start/finish.

19. **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.
20. Race numbers/cards will be issued to all runners. All registered athletes must wear two license numbers.
21. The use of personal music players with headphones is not allowed may result in disqualification.
22. 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.
23. 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
24. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
25. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
26. As the race will start before sunrise, for safety runners are requested to run with a lamp and/ or reflective gear.

Info:

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**PARKING AVAILABLE AT MARTELLO SPORTSFIELD AND COLEPOINT**

