

# ATLANTIC BEACH HOTEL ATOMIC 15



Saturday, 21 October 2023 @ 6:30  
Atlantic Beach Hotel Melkbosstrand



RACE WEEKEND  
HOTEL  
Specials  
AVAILABLE!



Card payments will be taken on the day

<https://www.melkbosac.co.za/race.html> for online entries



closing date Wednesday 18th October 2023 midnight



EMPA  
STRUCTURES

Coca-Cola  
Peninsula  
Beverages





## Entry Fees:

- Licensed Athletes: R110
- Licensed Juniors: R70
- Temp Licence: R60
- Free Entry for licensed 70+ Athletes.
- Unlicensed 70+ Athletes will need to pay R60 for temp licence



Contact person:  
Karlien 076 051 6382



## Prize money:

| Age Groups     | 1st    | 2nd    | 3rd   |
|----------------|--------|--------|-------|
| JUNIOR (15-19) | R 500  | R 300  | R 200 |
| OPEN           | R 1500 | R 1000 | R 500 |
| 40-49          | R 500  | R 300  | R 200 |
| 50-59          | R 500  | R 300  | R 200 |
| 60-69          | R 500  | R 300  | R 200 |
| 70+            | R 500  | R 300  | R 200 |

## Road Race Rules:

- Registered athletes must wear two valid ASA license numbers, one on the front and one on the back of their club vest. Unlicensed participants must purchase a temporary licence to be worn on the back (as race number is on the front)
- One race number (bib) will be issued. Registered athletes must wear their ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible.
- Entries will be capped at 2000 athletes.
- To be eligible for category prizes, age category tags must be worn on the front and back of club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to Senior. In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. There are no team prizes.
- Temporary license participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
- Juniors younger than 20 in the year of the competition must wear an age tag "J" on front and back to qualify for age group prizes.
- Minimum age for participants is 15 years.
- No personal seconding on route except at the official refreshment stations. Stand and hand rule applies.
- Athletes must obey traffic officers, race officials and marshals at all times. Failure to comply might result in disqualification.
- The use of headphones is not allowed and may result in disqualification.
- Wheelchair athletes must please contact the organiser timeously to discuss starting arrangements.
- Social walkers are welcome. Please start at the back and keep to the side of the road.
- Cut off time is 2 hours 30 min (9:00 am).
- Water will be available at all water stations. Coke will be available at 9km and at the

- DO NOT LITTER. Please use the refuse boxes provided. Offenders will be fined.
- Prize giving will be held at 9:00 am at the finish - Melkbos High School.
- Please take care of your possessions. Do not leave valuables visible in your car. There will be a tog bag facility at the hotel. Use tog bag at own risk.
- The race is run according to the rules of ASA and WPA. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) OR on request from the organisers OR the WPA office.
- Rule 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.

### INFORMATION

- Venue: Atlantic Beach Hotel, Cnr. Commaille Road & 13th Avenue, Melkbosstrand +27 (0)21 553 1800 / [info@atlanticbeachhotel.co.za](mailto:info@atlanticbeachhotel.co.za) / <http://www.atlanticbeachhotel.co.za/>
- Pre-race Entries: Can be collected from venue on 20 October 2023 from 12:00 am to 18:00 pm.
- Registration: On race day at Atlantic Beach Hotel Melkbosstrand from 5:00 am.
- Start & Finish: Atlantic Beach Hotel, Cnr. Commaille Road & 13th Avenue, Melkbosstrand.
- Start time: 6:30
- Parking: Available along the avenues and near Atlantic Beach Hotel which is within short walking distance from start. Please pay attention to the marshalls' instructions. Also please be considerate of the residents in the avenues.
- Refreshments: Coke will be at the 9km water table and finish. Please support our sponsor Atlantic Beach Hotel and our local coffee shops along Beach Road.
- Accommodation: Atlantic Beach Hotel is offering accommodation specials for race weekend.