

THE

BEDS 2 GO

**STAINBANK
CUP**



HOSTED BY YWPAC

15KM RUN



KWAZULU NATAL ATHLETICS

**03 DEC 2023 | 6AM START |
9AM PRIZE GIVING**

**BARBET RD, YWP
START**

**R180,00 ENTRY
FEE**

ENTRY & FINISH @ YWPAC

www.eventtiming.co.za for pre-entries
T-Shirts for the first **400** entrants

Tog-Bag facility at finish
2 ½ hour time limit

R60,00 KZNA Temporary License if required

Pre/Post Hydration en-route
No personal seconding

One undulating lap around YWP and partly
through Kenneth Stainbank Nature Reserve

**RACE RESULTS |
WWW.EVENTTIMING.CO.ZA
ENQUIRIES | WWW.YWPAC.CO.ZA
FRED 0833844053 | STEVE 0829416154**

GENERAL INSTRUCTIONS:

- The race will be run subject to WA, ASA & KZNA Rules
 - Pre-entries closing date is Thursday 30 November 2023
 - Late entries permitted at YWPAC on Saturday 2 December 2023 from 11h00 to 16h00 @ R200,00
 - Temporary licenses at R60,00 each will be available online and collected at registration
 - Temporary licenses to be worn on the back of a plain vest with no advertising & race number on the front
 - Minimum age to enter 15Km Run – 15 years old on race day
 - Junior athletes must be 19 years or younger on 31 December in the year of the competition.
 - All entrants must ensure they are medically fit to run and fully understand that they run at their own risk and the organisers will not be held responsible for any injury or illness incurred during or as a result of the race, or for any property lost or damaged on the course or in the changing area.
 - Winners of lucky dip prizes must be present to collect their prizes and proof of ID may be required.
- *All participants must wear club colours and their KZNA-approved 2023 Provincial licenses on the front & back of the club vest or crop tops
- New ASA/KZNA age category (60mm to 80mm) & walker tags must be worn on the front & back of the club vest and must be clearly visible to qualify for age category prizes – Men & Women: 35 –39, 40–49, 50–59, 60–69, 70+*Foreign Athletes must comply with WA rule 4.2, 22.1 and 142 and ASA rule 9.
 - Category winners must be able to provide proof of age on requested. *Walkers must wear ASA/KZNA New Approved Walker tags on the front & back of the club vest/crop top and must be clearly visible.
 - Athletes MUST obey Marshalls, Technical Officials, and traffic officers.

DIRECTIONS: (GPS 29 55'22"E – 30 56'26"E)

- M4 – South, take the Jacobs/Clairwood/ Montclair (Exit 6) turn off. Turn right and then left into South Coast Road after Bridge. proceed for 2Km and take first right into Kenyon Howden Road. Keep going straight over the outer ring Road and into Yellowwood Park where marshals will direct you.
- Proceed South bound on the N2 outer-ring road take the glide off into Higginson Highway and turn left. Heading down Higginson Highway for about 2Km turn left into South Coast Road. Proceed for 2Km and turn left into Kenyon Howden Road (refer to above).

IMPORTANT INFORMATION

- Enter early to avoid disappointment, 1st 400 entries will secure a Race T-Shirt
- Enter on-line: www.eventtiming.co.za. Credit card and EFT payment options are available.
- Pre-Entry Chips are to be collected at YWPAC on Saturday, 2 December 2023 from 11h00 to 16h00 and on Sunday 03 December 2023 from 05h00 to 06h00.

PRIZE MONEY:

Men & Ladies	15km Run	15km Run	15km Run	15km Run	15km Run	15km Run	15km Run
AGE GROUPS	Open	35-39	40-49	50-59	60-69	70+	19yrs + under
1st	R600	R250	R250	R250	R250	R250	R250
2nd	R400	R 200	R 200	R 200	R 200		R 200
3rd	R250	R150	R150	R150			



RACE RESULTS | WWW.EVENTTIMING.CO.ZA
ZA ENQUIRIES | WWW.YWPAC.CO.ZA
F R E D 0 8 3 3 8 4 4 0 5 3 | S T E V E 0 8 2 9 4 1 6 1 5 4