

# HOHENORT

## 15km Road Race

PROUDLY SPONSORED BY:

**Solid Rock  
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CC**

**SAT 13 JANUARY 2024**



**SOLID ROCK**  
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### ENTRY AND REGISTRATION:

This is a pre-entry race only.  
No entries will be taken on the day !

Online: [www.pinelandsathleticclub.co.za](http://www.pinelandsathleticclub.co.za)

**PRE-ENTRY  
EVENT ONLY\***

Manual entries, on-line entry collection and registration can be done at the Pinelands Clubhouse on Thursday 11 January & Friday 12 January 2024 from 4pm – 7pm.

Only race card collection can be done on the morning of the race  
Venue: Alphen Centre/Common, Constantia Main Road  
Time: 04h45 – 05h50

Start and finish: Alphen Centre/Common,  
Constantia Main Road, Constantia  
Starting Time: 06h00  
Cut off time: 08h30 (2h30 CUT-OFF)



The Lucky draw prizes include  
**TWO** pairs of Running shoes, proudly  
sponsored by The Sweet shop

Organised by:  
The Pinelands Athletic Club



This will be a  
carry-your-own race.  
No sachets, only cups will  
be available at water tables  
#RunClean

**RACE COSTS:**  
Licensed athletes (including juniors) R110.  
Unlicensed athletes R110 + R65 for temp license.  
Over 70+ Licensed athletes R70 & Unlicensed R135  
Enter online at [www.pinelandsathleticclub.co.za](http://www.pinelandsathleticclub.co.za)  
*R5.00 of every entry fee will be donated  
to the Woodside Special Care Centre.*

A pair of quality running socks and a 2024 Race  
Calendar will be handed to the first 1 500 finishers



## RACE INFORMATION

1. Enquiries – Wendal Smith 0731774394 and Kaare James 072 444 8082
2. No entries on the day. Enter online at [www.pinelandsathleticclub.co.za](http://www.pinelandsathleticclub.co.za) until Monday 8 January 2024 at 24h00/midnight. There is no service fee or charge for online entries.
3. The race starts at 06h00 in the parking area of the Constantia Community Centre and ends on the Alphen Common.
4. Tog bag security will be provided at runners' own risk.
5. Social walkers welcome. Walkers to start at the back and to keep to the side of the road.
6. This is a sachet free event. Water and Coke will be available in cups at the 2 refill stations along the route and at the finish.
7. Race cancellation: Should the race need to be cancelled, 70% of your entry will be refunded upon request, or we will donate this money to the Woodside Special Care Centre on your behalf.
8. Limited refreshments will be on sale

## ENTRY RULES

1. The race is run according to the rules of ASA & WPA.  
*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.*
2. Runners must obey traffic officers, race marshals and race officials at all times.
3. Participants must be 15 years of age or older on race day.
4. No personal seconding permitted except at official refreshment stations.
5. The time limit is 2 hours 30 minutes. Cut off 08h30
6. Licensed runners should run in club colours and display a valid license. This must be worn on the front and back of the vest. Temporary licenses will be available at registration. At registration, temporary license holders MUST complete and hand in the tear off strip to be eligible to run and to be eligible to win prizes. And wear plain clothing, NO advertising.
7. Age category tags must be worn (front & back) and be visible for the entire race to be eligible for any age category prizes including Juniors.
8. No race numbers will be issued.
9. The use of music players with headphones or "buds" is not allowed and may result in disqualification.
10. Entry cards must be carried throughout the race and handed in at the finish.
11. Do not litter. Dispose of cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. #RunClean
12. Prize giving will be soon after 08h30.
13. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
14. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

## PRIZES

1. 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.
2. 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.
3. Juniors born 2005 or later, must display age tags "J" to qualify for age group prizes. Juniors will count towards Open team prizes.
4. A valid licence must be worn front and back of vest and Club colours must be worn to qualify for team prizes.

MEN				WOMEN			
Age categories	1st	2nd	3rd	Age categories	1st	2nd	3rd
Juniors (15-19)	R900	R700	R500	Juniors (15-19)	R900	R700	R500
Open	R1 700	R1 200	R800	Open	R1 700	R1 200	R800
40-49	R900	R700	R500	40-49	R900	R700	R500
50-59	R900	R700	R500	50-59	R900	R700	R500
60-69	R900	R700	R500	60-69	R900	R700	R500
70+	R900	R700	R500	70+	R900	R700	R500
Open Mens Team 4 x R500 = R2 000				Open Womens Team 4 x R500 = R2 000			

For more information Wendal Smith 0731774394 and Kaare James 072 444 8082 or visit [www.pinelandsathleticclub.co.za](http://www.pinelandsathleticclub.co.za)

## WOODSIDE SPECIAL CARE CENTRE ([www.woodside.org.za](http://www.woodside.org.za))

Woodside SCC is an NGO situated in Rondebosch East, Cape Town, South Africa. After a phenomenal 46 years Woodside Special Care Centre is still the leader in providing excellent care to intellectually disabled children and young adults as well as their families.

If you would like to know more about our services or make a donation, please contact us at 021 696 2811

General Manager – Melanie Brand [manager@woodside.org.za](mailto:manager@woodside.org.za)

Marketing/Fundraising – Clive Obery [marketing@woodside.org.za](mailto:marketing@woodside.org.za)

Fundraiser – Cindy Bost [funding1@woodside.org.za](mailto:funding1@woodside.org.za)