



RED HILL



42.2KM MARATHON 36KM CLASSIC & 13KM BLACK HILL

#TimbercityRedhillMarathon



42.2 km Marathon & 36 km Classic
R210- Licenced | R305 Unlicenced
START 05H30

13 km Black Hill
R90- Licenced | R150 Unlicenced
START 06H30



Enter online at www.racetrq.co.za

SATURDAY 27 JANUARY 2024

START AND FINISH:
FISH HOEK SPORTS FIELDS
CLOSING DATE:
17TH JANUARY 2024

Enquiries: race@fishhoekac.com



Remember to #RunClean #RunGreen Bring your own reusable cup/water bottle to refill at our well stocked water stations.

No Littering Allowed!

Entry online at www.racetraq.co.za until Wednesday 17th January 2024

Remember to #RunGreen. Bring your own reusable cup/water bottle to refill at our well stocked water stations.

Enquiries: race@fishhoekac.com Take note that the entry fee on the flyer excludes an admin fee for RaceTraq

Number collection:

1. Timbercity Tokai (321 main Road)

Or Timbercity Montague Gardens (6 Marconi Road)

Tuesday 23rd January and

Thursday 25th January 14h00-17h00

2. Number collection and late entries: FHAC Friday 26th January 16h00-19h00 and Saturday 27th January 04h00-05h00(for 36km and 42,2km) and 05h00 - 05h45 (for 13km but limited to 300 entries)

*Race Cancellation: There will be no refunds, but should the event be cancelled for reasons beyond our control, then your basic entry fee for 2024 will be transferred to the 2025 event.

* No dogs are allowed

*Tog bag secure facilities will be provided at your own risk. Please ensure that your tog bag is clearly labeled. FHAC and WPA do not take responsibility for lost or stolen Items.

*Coke and water at all tables (every 3km after the 4th km) and at the finish.

* The first 2500 finishers across all the events will receive medals.

Parking:

*Parking is provided on the sports fields on a first come basis. Marshals will direct participants to parking.

*Security officials will patrol the venues, however, runners make use of the parking facilities at own risk.

*Please ensure that you don't leave valuable items in your vehicles.

*TAKE NOTE that drivers parked illegally (especially on Kommetjie Road) will be held liable by the local Traffic officials

RACE RULES:

1. The race is run according to the rules of ASA and WPA. All participants must comply with the rules, regulations and instructions given by officials, marshals and traffic officers. Non-compliance may lead to disqualification. The race organizer reserves the right to accept/reject any entry received.
2. Entrants for the 36km and marathon must be 20 years or older. Entrance to the 13km must be 15 years or older.
3. 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.
4. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
5. Unlicenced athletes must purchase a temporary licence in order to be eligible to compete, must complete and hand in the tear off section at registration, (13 km – R50) (36 km and 42,2 km – R85)
6. Licenced athletes should wear club colours. Temporary licenced athletes must run in clothing without advertising.
7. Age category tags must be worn (front and back) and be visible for the entire race to be eligible for any age category prize, including Juniors
8. Juniors must have been born in 2005 or later.
9. Entry cards must be in the athlete's possession during the race and handed in at the results board at the Finish.
10. The race number is linked to your name and finishing time – allowing another person to

compete with your number will result in disqualification.

11. Runners can upgrade or downgrade between the 42,2 Km the 36 Km at the bottom of Red Hill by handing in their tear-off corner of their race number to the race official.
12. Cut-off: there will be a cut off at the bottom of Red Hill (Simons Town side) at 5 hours.
13. The time limit for the 36 and 42km is 5hrs30min.
14. No personal seconding vehicles or bicycles allowed on the route.
15. Kilometer markers will be placed at each kilometer
16. Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. #RunClean
17. The use of music players with headphones is not allowed and may result in disqualification.
18. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
19. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

Permanent numbers:

Permanent numbers for a 10th completed recorded run. Entrants who have completed 9 Red Hill marathons qualify for a permanent number. PLEASE indicate this on the entry form.

Prize giving: Will take place at FHAC and will start at 09h00 (13 km) and 10h00 (36 km) and 11h00 (42,2 km)

Prize Money: For Men and Woman
36 km and 42,2 km: **13 km Black Hill**

Category	1st	2nd	3rd
open	1100	900	700
40-49	850	700	550
50-59	850	700	550
60-69	850	700	550
70+	850	700	550

Category	1st	2nd	3rd
Junior	300	200	100
open	600	400	300
40-49	300	200	100
50-59	300	200	100
60-69	300	200	100
70+	300	200	100

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.