



# 39th Road Race & Fun Run

# SPOOKHILL

## CHALLENGE

# HILL

## 29 June 2019

**Spook Hill** is a section of Parel Valley Road in Somerset West where, if you switch your car off, it appears to run up the hill instead of moving downhill. It has generated much discussion as to whether this apparent phenomenon is an optical illusion due to magnetism, or just one of the world's great unsolved mysteries!

## JOIN US FOR A FUN DAY OUT ON THE ROAD

This is a **#CarryMyOwn** race and is plastic-free. **NO SACHETS WILL BE SUPPLIED!** Bring your own reusable waterbottle or cup to refill at our water tables en route.

**Start & Finish at Beaumont Primary School, Somerset West.**  
Entries are limited to 2000 runners.

### 15km Road Race

#### START TIME: 08:00

- Eco-friendly medals to all finishers within 2:15 cut-off time
- Age limit: 15 years or older on race day
- For category prizes: Age tags must be worn (front & back)

**COST R80 (licensed runners)**  
**R130 (unlicensed runners)**

### 5km Fun Run

#### START TIME: 08:15

- Eco-friendly medals to all finishers within 2 hour cut-off time
- Children under 9 years must be accompanied by an adult
- Participants must display Fun Run entry cards at the finish to receive medals

**COST R20**

- Free entries for runners over 70 years and older
- Wheelchair athletes must please contact organisers timeously to discuss arrangements

#### Route Record:

Men 46:43 (Greg Liefeldt) Women 54:28 (Frith v.d. Merwe)

### PRIZE-GIVING & LUCKY DRAW: 10:15

MEN & WOMEN	OPEN	40 - 49	50 - 59	60 - 69	70+	JUNIOR 15 - 19
<b>1st Prize</b>	R1000	R500	R300	R300	R300	R500
<b>2nd Prize</b>	R750	R350	R150	R150	R150	R350
<b>3rd Prize</b>	R500	R250	R100	R100	R100	R250
<b>LUCKY DRAW PRIZES</b>	1st Man & 1st Woman (under route record) <b>R500 each</b>		TEAM PRIZES (Total time) Open men: <b>4 x R150</b> Open women: <b>4 x R150</b>		1st Man & 1st Woman reaching "HIGHEST HILL" (after ± 6km) <b>R300 each</b> (must complete race within time limit)	

**R2 of every entry will be donated to the Distance 4 Difference charity. Your entry counts!**

**CLICK HERE TO FIND OUT MORE**

**CLICK HERE TO ENTER ONLINE**

**Quicket**  
EXPERIENCE AWESOME

Entries on race day from 6:30  
**Snapscan or Cash**



helderbergharriers.co.za

**Contact: spookhill@helderbergharriers.co.za**



The race is run in accordance with the rules of ASA and WPA. All participants must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The race organiser reserves the right to accept / reject any entry received.



## GENERAL INFORMATION

- Tog bag security facilities will be provided at own risk. (Please ensure that your bag is clearly labelled.)
- Helderberg Harriers and WPA do not take responsibility for lost or stolen items.
- Refreshments will be on sale after the race.
- Eco-friendly Medals to all finishers within cut-off times.
- Coke & water will be available at the finish
- **We encourage all runners to carry their own cups or small bottles that can be refilled at each station. THERE WILL BE WATER STATIONS AT REGULAR INTERVALS BUT NO PLASTIC SACHETS. A limited amount of cups will be supplied to front runners only.**
- Remember to **#RunGreen #RunClean #IcarryMyOwn**
- No Littering Please. Runners are to use all bins provided at the water stations. Runners are required to dispose of their litter within a "designated area".  
Athletes who dispose of cups or other litter outside of this designated area shall be guilty of an offence and
- liable to a warning and/or a fine.

## RULES

- Licenced athletes must wear 2019 licences on their vests, front & back
- Entry cards must be in runners' possession during the race and handed in at the results board at the finish
- All entrants must be 15 years or older on the day of the race
- Time limit for the race is 2 hours and 15 minutes
- Age category tags (e.g. 40 / Junior) must be worn on the front and back of the vest, if runners wish to be eligible for category prizes. Runners should enter the age category corresponding to their chronological age, but may enter a younger category down to senior.
- Temporary licenced runners are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age
- Juniors (born 2000 or later) wearing a senior or junior licence must display category tag (J) to qualify for age group prizes. Juniors will count towards open team prizes
- **CLUB COLOURS must be worn to qualify for TEAM PRIZES**
- Runners must obey marshalls/traffic officials
- The organisers, sponsors and WPA accept no responsibility for any accident or injury resulting from participation in this event
- No personal seconding will be permitted except at official refreshment stations
- The use of music players with headphones is not allowed and may result in disqualification
- No race numbers will be issued. All registered athletes must wear two valid licence numbers. Unregistered participants must purchase a Temporary licence which must be worn on the front of the vest
- 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
- Do Not Litter. This is a MODERN ATHLETE **#RunClean** and **#CarryYourOwn** event. Dispose of litter responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees.
- **Water will be available at the refill stations.**
- Detailed rules are available on the [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.