

AVBOB

Standing strong after 100 years

15 KM

10KM LEAGUE WALK (SOCIAL WALKERS WELCOME)

5KM FUN RUN

COCA COLA LEAGUE RACE

UNDER THE AUSPICES OF WPA & ASA

SATURDAY 6 JULY 2019

STRATFORD PRIMARY SCHOOL EERSTERIVIER

STARTING TIME: 15 km: 07:15 10 kmW: 07:30 5km: 08:30

RACE ENTRY FEES:

CUT-OFF TIMES:

15 km Licensed athlete	R80	15km - 09:45 (2 hours 30 minutes)
15 km Unlicensed athlete	R130	10km - 09:30 (2 hours)
10 km Walk licensed junior athlete	R30	Entries Taken: Stratford Prim. School Hall
10 km Walk unlicensed junior athlete	R55	Time: From 05:00 on morning of race
10 km Walk licensed athlete	R50	Pre-entries: Friday 5 July between
10 km Walk unlicensed athlete	R90	17:00 – 20:00
5 km Fun run	R10	Time: 08:30
10 km Walk 70+ Licensed	Free	
10 km Walk 70+ Unlicensed	R40	

CONTACT DETAILS:

Gary Pekeur: 074 343 2332 Raphael Manuel: 072 695 9008

PRIZE MONEY: 15km

MEN/WOMEN	1ST	2ND	3 RD
OPEN	R1000	R700	R500
40–49	R600	R500	R400
50–59	R500	R400	R300
60–69	R400	R300	R150
70+	R250	R100	R75
15–19	R200	R150	R75

Teams: Open, Men/Women (R100 x 4)**PRIZE MONEY: 10 KM WALK**

MEN/WOMEN	1ST	2ND	3 RD
OPEN	R300	R200	R100
40–49	R200	R150	R100
50+	R150	R100	R50
14–19	R200	R100	R50

RACE RULES:

- The Eersterivier 15km road race and 10km walk are run/walked in accordance with the rules of ASA and WPA.
- Athletes running the 15km must be 15 years of age and the athletes walking the 10km must be 14 years of age.
- Licensed runners must wear full club colours to qualify for team prizes. A valid 2019 license number must be worn on the front and back of the vest.
- Temporary licenses will be available at registration. When registering, participants must complete and hand in tear-off strip from the number in order to be eligible to compete. Temporary license to be worn on the chest.
- 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.
- Unlicensed runners must wear plain clothes (no advertising permitted).
- No personal seconding or pacing will be allowed on the route, except at official refreshment stations.
- 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.
- Juniors (born from 2000 onwards) wearing junior or senior license must wear an age category (J) tag to qualify for age group prizes.
- Entry race cards must be in athletes possession at all times during the race and handed in at the results board at the Finish.
- All traffic officers and marshals must be obeyed.
- The race organisers reserve the right to accept or reject any entry.
- Foreign athletes must comply with IAAF rule 144.3(b) and all relevant race and domestic rules. The athletes must be able to produce the letter from his/her federation permitting participation on race day.
- For safety reasons the use of music players with headphones is not allowed and may result in disqualification.
- No race numbers will be issued.
- The entry fee is non-refundable.
- Kilometre markers will be placed at each kilometre mark.
- Refreshments stations will be situated approximately every 3km.
- There will be a tog bag facility available at own risk. The organisers, Eersterivier Athletics Club, as well as Western Province Athletics will not be held responsible for loss or damages. Do not leave valuables or cash in your bag.
- Toilets will be available.
- Parking is available on the school grounds and in front and behind Shoprite shopping centre
- Prize Giving will take place at 10:00 in the Stratford Primary School Sport field.
- This is a WPA Road Running 15km. The 10km is a Walk Race and no running is allowed in. Walking Judges will be on the route.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- Medals will be given to the first 1300 participants to finish.
- The organisers and sponsors accept no responsibility for injury or accident resulting from participation in the race
- 10km social walkers are welcome.
- Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the Finish. Report offenders to the referees. #RunClean.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.