

RAVENSMEAD ATHLETIC CLUB

COCA COLA LEAGUE RACE

15KM RUN

SATURDAY

23.03.2024

TROPHY FOR THE LARGEST BUS

TROPHY FOR THE FASTEST BUS

15KM LEAGUE RUN

- R110 LICENCED
- R175 UNLICENCED
- START- 6:30am
- CUT OFF 9:00am

10KM LEAGUE WALK

- R90 SENIOR LICENCED
- R140 SENIOR UNLICENCED
- R55 JUNIOR LICENCED
- R85 JUNIOR UNLICENCED
- START- 6H45am
- CUT OFF 9:00am

5KM FUN RUN

- R50
- START 7am

ENTRIES

- Online via www.allmysports-sa.com
- Online entries close Wed 20 March 23:59
- *Limited entries on the day*
- Saturday, 23 March 04:30 till 6:00am

FLORIDA PARK

STROEBEL STREET, RAVENSMEAD

FOR MORE DETAILS: SEAN 083 643 4883 OR ZETHENA 0781624527



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ravensmeadac@outlook.com

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ENTRY & GENERAL RULES

1. Online entries is available via www.allmysports-sa.com. The online entry platform closes midnight on Wed 20 March 2024. The registration & collection of the paid *pre-entrants* will take place at the clubhouse on race morning.

2. Race day entry will be available from 5am. Both card machine & cash will be accepted.

3. Race will be run in accordance with ASA and WPA rules.

4. Cut-off time: 2hrs 30 min for the 15 km and 2hrs 15min for the 10 km.

5. Licensed runners must wear club colours and a valid 2024 license on the front and back of their vests.

6. Participants for the 15 km must be 15 yrs. of age or older on race day. Participants for the 10 km must be 14 yrs. of age or older on race day.

7. In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Age category tags must be worn on the front and back of vest and be visible for the entire race.

8. Participant may enter the age category corresponding to their chronological age or any younger category down to senior.

9. Juniors (born from 2009 onwards) must wear age category tags "J" to qualify for age category prizes.

10. Unlicensed athletes need to purchase a temporary license. 15 km is R 65 for seniors. The 10km Walk is R50 for seniors and R30 for juniors.

11. 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.

12. Temporary licensed athletes must run in plain coloured clothing without advertising with the temporary license number 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 to be eligible to compete.

13. Entry cards, must be in the athlete's possession during the race and handed in at the results board at the finish.

14. No personal seconding will be permitted except at official refreshment stations.

15. Refreshment tables will be provided at regular intervals in accordance with ASA and WPA rules.

16. Traffic officers and race marshals must be always obeyed.

17. Tog bag area is provided at own risk. Please do not leave any valuables in your car or bag.

18. Prize giving starts at 08h30am.

19. Participants who are 70 years and older enter for free. Please provide proof at Registration.

20. Handouts to the first 2000 finishers.

21. **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.

22. Please park in the designated parking areas. All parking at own risk.

23. Club busses competing for the "largest and the fastest bus" trophy must comprise of 20 members or more.

24. No race numbers will be issued.

25. **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

26. The use of music players with headphones is not allowed and may result in disqualification.

27. Fun Run participants younger than 10 yrs old must be accompanied by an adult.

28. Wheelchair athletes must please contact the organizers timeously to discuss arrangements for their participation.

29. Detailed rules are available on www.wpa.org.za or on request from the organizers of the WPA office.

PRIZE MONEY

15KM MALE AND FEMALE			
	1ST	2ND	3RD
Juniors 15-19	R500	R300	R200
Open	R800	R500	R600
40-49	R400	R300	R200
50-59	R400	R300	R200
60-69	R400	R300	R200
70+	R400	R300	R200

WALKING RULES FOR 10 KM LEAGUE

No running allowed.

Walkers need to display Walker Tags both front and back.

Walkers will be judged according to ASA and WPA race walking rules. Walkers' judges will be present.

10 km League Walk starts 15 minutes after the start of the Road Race. Participants must be 14 years of age or older on race day.

10 KM LEAGUE WALK MALE & FEMALE			
AGE	1ST	2ND	3RD
Juniors U/19	R250	R200	R150
Open	R400	R250	R200
40-49	R250		
50-59	R250		
60-69	R250		

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