

VELOCITY ATHLETIC CLUB

Family Day 21,1km Road running event and
5km development Fun Run/walk

AT WESFLEUR SPORTS FACILITY, IN ATLANTIS,
GROSVENOR AVENUE

- Monday
- 01 April
- 2024



LOADS OF SPOT PRIZES
UP FOR GRABS

GPS Co – Ordinates: 33°33'31.4"S 18°29'17.8"E

FOR ENQUIRIES, CONTACT

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21km - Start at Wesfluer Sports Facility in Grosvenor avenue at 7:00 am
Fun Run start at 7:30 am



Entry Fees

Entries close as soon as we reach 1000 entries

21KM: R170 (LICENSED ATHLETES) – R245 (UNLICENSED ATHLETES)
FUN RUN / FUN WALK/ DEVELOPMENT RUN ENTRY R40

Online entries at www.allmysports-sa.com closing at 23h55 on 29 March 2024.
Entries on the day will be taken from 5h30 in the morning of event.

21,1km	1st	2nd	3rd
OPEN	R1200	R900	R600
40-49	R550	R450	R350
50-59	R550	R450	R350
60-69	R550	R450	R350
70+	R550	R450	R350
TEAM OPEN PRIZE	M/F4x200		

RULES

1. The race is run according to the rules of ASA and WPA.
2. Minimum age on race day is 16 years.
3. In order to participate all runners must obey instructions of marshals and/traffic officers.
4. It is compulsory for entrants to register.
5. Tog bag facilities will be available at runners own risk.
6. First aid will be available on the route and at the finish.
7. No personal seconding will be permitted, except at official refreshment stations.
8. Time limit: 21km=3 hours 30 minutes starting at (7h00) Time limit: Fun Run=1 hour starting at (7h30)
9. Prize giving will follow soon after 10:30 once WPA officials confirmed the prize winners.
10. All finishers within the cut off time will receive a medal.
11. Ruling by the Jury of Appeal will be considered final and failure to comply with any rule may lead to disqualification
12. The use of music players with head phones is not allowed and may result in disqualification
13. Temporary licenses will be issued only for the 21.1km event. Participants must complete and hand in the tear-off strip from the number in order to be eligible to compete, unregistered participants must purchase a temporary license which must be worn on the front of the vest.
14. We encourage runners to carry their own water, but refreshment stations offering water will be supplied at 5km, 10km, 15km and 20km plus Coke at the last two stations.
15. Do not litter. Dispose sachets and cups responsibly by using the boxes provided or carrying them to the finish
16. Report offenders to the referees. # RUN CLEAN
17. Detailed rules are available on www.wpa.org.za
18. Entry cards must be in the athlete's possession during the race and must be handed in at the results board at the finish. Any participant not able to produce a race entry card when asked to do so by a race official maybe disqualified.
19. In addition to overall (open) prizes, participants will only be eligible for an age category prize in the age category they enter.
20. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
21. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
22. 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.
23. Licensed athletes should wear club attire. Full club attire must be worn to qualify for team prizes.
24. No race numbers (bibs) will be issued. Registered athletes must wear their ASA licenses on front and back of their vest.
25. Wheelchair athletes must please contact the organizers timorously to discuss arrangements for their participation.
26. Unregistered participants must purchase a Temporary License which must be worn on the front of the vest.
27. **FUN RUN** participants younger than 10 years old **MUST** be accompanied by and adult. Medals will be issued to all fun runners.
28. Spot prizes will be available.
29. Race results will be available on www.wpa.org.za

DECLARATION

The race is held under the rules of provincial and national sports associations, ASA and WPA. Participants in the VAC Half-marathon and related activities (the event) acknowledge that although all precautions have been taken by the organizing body, there may be dangers inherent in participation in the Event. Participants voluntarily assume such risks and waive all claims of whatsoever nature and howsoever arising in relation to the Event against any parties, including but not limited to the organizing body, sponsors, advertisers, local authorities, directors, employees and suppliers of these parties and any individual, official, marshal or agent (" the Parties "). Participants irrevocably indemnify the parties against any liability or claim so of any nature whatsoever and howsoever arising (whether directly or indirectly, whether from negligence, albeit gross and / or from involvement in or passage to or from the Event), including but not limited to liability or delay, inconvenience, accident, death, injury, illness to their person, or loss of or damage to property or costs and expenses sustained, incurred or put to by Participants and / or by a minor child under the care or control of participants. Parents or guardians authorizing minor participation in the even thereby consent to such minor not being capable of waiving his/ her rights as stipulated above

SIGNATURE: -----DATE: -----2024
Parent or guardian if under 18 years of age

