



Start & Finish at **RADLOFF PARK**, Somerset West

SATURDAY 20 APRIL 2024 | 07:00

15km SPOOKHILL CHALLENGE | 5km FUN RUN

ENTER ONLINE AT

TOPEVENTS
www.topevents.co.za

Cashless **CARD/SNAPSCAN** entries on race day

DOORS OPEN AT 5:45

for race day entries & late collections

Pre-Entry **COLLECTIONS**

TimBuild Somerset West
TimBuild Stellenbosch
TimBuild Woodstock
Friday 19 April | 8am - 5pm

Spookhill 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!

15km CHALLENGE

START TIME - 07:00

- Medals to all finishers within 2:30 cut-off time
- Age limit: 15 years or older on race day
- For category prizes: Age tags must be worn (front & back)

COST (no additional cost for online entries)

- R130 (licensed runner)
- R180 (unlicensed runner)
- Free entries for runners over 70
- **Wheelchair athletes must contact the organisers**
- Running shirt R295 (optional)

We donate R10 from each entry to VOLUNTEER WILDFIRE SERVICES

PRIZE-GIVING & LUCKY DRAW AT 9:30AM

5km FUN RUN

START TIME - 07:15

- 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

- R50
- Running shirt R295 (optional)



Men & Women	Open	40-49	50-59	60-69	70 plus	Junior 15-19
1st prize	R 1,700	R 1,000	R 800	R 800	R 800	R 600
2nd prize	R1 200	R 800	R 600	R 600	R 600	R 450
3rd prize	R1 000	R 600	R 400	R 400	R 400	R 300

1st man & woman under route record: R2000 each

TEAM PRIZES (total time)

Open men: 4 x R300
Open women: 4 x R300

King & Queen of the mountain will receive R350 each (must complete race within time)

INCENTIVE: R1000 to all men running under 50 minutes & women running under 60 minutes

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

CONTACT: spookhill@helderbergharriers.co.za

GENERAL INFORMATION

- **DOORS OPEN AT 5:45** for entries on the day and late pick-ups.
- Tog bag security facilities will be provided at own risk.
- Helderberg Harriers and WPA do not take responsibility for lost or stolen items.
- This is a licensed venue and refreshments will be on sale after the race.
- **NO ALCOHOL TO BE BROUGHT ONTO PREMISES!**
- Medals to all finishers **within cut-off times.**
- **There will be WATER AVAILABLE at four refill stations at approximately 3km INTERVALS but NO PLASTIC SACHETS.**
- **Recyclable cups will be supplied but we encourage all runners to carry their own cups or small bottles that can be refilled at each station.**
- **Coke & water** will be available at the 9km mark and the finish.
- No Littering. Runners dispose of their litter within a "designated area".
- Athletes who dispose of cups or other litter outside of these designated areas shall be guilty of an offence and liable to a warning and/or a fine.
- Entries limited to 2000 runners.



RULES

- The race is run according to the rules of ASA & WPA.
- Runners must obey marshals/traffic officials/race officials at all times.
- All entrants must be 15 years or older on the day of the race.
- In the 5km Fun Run, children under 9 must be accompanied by an adult.
- Time limit for the 15km race is 2 hours and 30 minutes.
- Licensed athletes should run in club colours and wear a 2024 licence on their vests, front & back.
- 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.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize, including Juniors. Runners should enter the age category corresponding to their chronological age, but may enter a younger category down to senior.
- Temporary licensed 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 2005 or later) wearing a senior or junior licence must display category tags (J) to qualify for age group prizes. Juniors will count towards open team prizes.
- **CLUB COLOURS must be worn to qualify for TEAM PRIZES.**
- 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.
- Detailed rules are available on the www.wpa.org.za website or on request from the organisers or the WPA office.
- **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.

