Eerste River Athletic Club

WPA COCA – COLA LEAGUE RACE

15 KM ROAD RACE &
5 km Fun Run

SATURDAY 06 JULY 2024

STRATFORD PRIMARY SCHOOL
EERSTE RIVER

RACE ENTRY FEES :
15 km Licenced athlete (including Juniors) R120
15 km Unlicenced athlete R180
5 km Fun Run R40
Licence 70 + Free
Medals : 15km 1200 Finisher / 5 km 150 finisher

lucky draw prizes to 15km &Fun Run

CONTACT : Gary Pekeur / 074 343 2332
Henry Campher / 061 632 5564

NO ONLINE REGISTRATION

STARTING TIMES : 15KM - 07H15
FUN RUN /WALK - 07H30

CUT OFF TIMES : 15km - 2h30 min
Entries day of the race 05h00

Pre- Entries / FRIDAY 05 JULY 2024
@ SCHOOL HALL

MEN / WOMEN	1st	2nd	3rd
OPEN	R1200	R800	R600
40 – 49	R800	R600	R400
50 - 59	R600	R400	R300
60 – 69	R600	R400	R300
70+	R600	R400	R300
15 – 19	R600	R400	R300

TEAMS PRIZE (MEN&WOMEN) 4XR200

RACE RULES:

1. The Eerste River 15km Coca Cola league road race and 5km fun run in accordance with the rules of ASA and WPA.

2. Athletes running the 15km must be older than 15 years.

3. In the Fun Run children under 10 years must be accompanied by an adult

4. 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. A valid 2024 license number must be worn on the front and back of the vest.

5. 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.

6. Unlicensed runners must wear plain clothes (no advertising permitted).

7. No personal seconding or pacing will be allowed on the route, except at official refreshment stations.

8. 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.

9. Juniors (born from 2005 onwards) wearing junior or senior license must wear an age category (J) tag to qualify for age group prizes.

10. Entry race cards must be in athlete's possession at all times during the race and handed in at the results board at the finish.

11. All traffic officers and marshals must be obeyed.

12. The race organizers reserve the right to accept or reject any entry.

13. No race numbers will be issued.

14. The entry fee is non-refundable

15. Kilometer markers will be placed at each kilometer mark.

16. Refreshments stations will be situated approximately every 3km.

17. There will be a tog bag facility available at own risk. The organizers, 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**.

18. Toilets will be available

19. Parking is available on the school grounds, in front and behind Shoprite Shopping Centre

20. Prize Giving will take place at 10:00 on the Stratford Primary School Sport field.

21. This is a WPA 15km Coca Cola League Road Running Race.

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

23. Dispose sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. #RunClean.

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

25. 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.

26. Walkers are welcome in the 15km

Please **DO NOT LEAVE** any valuables in your car