

ELSIES RIVER ATHLETIC CLUB



COCA-COLA LEAGUE 10KM RACE

Saturday 12th October 2019 @ 6:45AM

10KM LEAGUE RACE!!!

(5km Run/Walk: R20: Starts at 7:15am)

**SALBERAU SPORTS COMPLEX, ELSIES RIVER
REGISTRATION FROM: 5:30am**

**Medals to all Finishers
SOCIAL WALKERS ARE MOST WELCOME**

ENTRY FEE

LICENSED ATHLETES:	R60. 00	-	JUNIORS: R40.00
UNLICENSED ATHLETES:	R100. 00	-	JUNIORS: R65.00



SUPPORT THE FIGHT AGAINST CANCER

Cancer is everyone's fight. so get club members, friends, families and communities involved because together, we can make a real difference.

R10 of every entry fee will go to support CANSA in support of their fight against Cancer



ENQUIRIES: Charles Williams : 071 970 9977
Mervin Daniels : 082 813 2677



GENERAL RULES AND INFORMATION

1. Registered Runners/ Walkers to wear club colours with 2019 licence numbers on the front & the back of the vest. No Race numbers will be issued.
2. Minimum age on race day is 14 years.
3. Time limit is 110 minutes.
4. Entry cards must be carried on you for the duration of the race and handed in at the results board at the Finish.
5. Tog bag facilities will be available, at own risk.
6. Participants take part at their own risk. Neither organisers nor WP Athletics will be held responsible for any accident or injury resulting from athlete's participation.
7. 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 vests.
Participants may enter in the age category corresponding to the chronological age or any younger category down to senior.
8. Temp licensed participants are eligible for an age category prize provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
9. Full Club colours must be worn to qualify for team prizes.
10. Age category tags will be available at registration at R5 per set and must be worn front and back and visible for the entire race to be eligible for a category prize.
11. Temporary licence runners should wear plain clothing without any advertising.
12. Personal seconding will not be allowed except at official refreshments station.
13. Juniors (born year 2000 and later) wearing a junior or senior licence must display age 'J'- tags to qualify for age group prizes. Juniors will count towards Open team prizes.
14. Spot prizes will be awarded. Prize giving will commence at 08:30am
15. Please do not litter. Dispose sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees.
16. For safety reasons the use of music players with headphones is not allowed and may result in disqualification.
17. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
18. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete. Temporary licence to be worn on the chest.

THIS EVENT IS RUN UNDER THE AUSPICES OF ASA & WPA

PRIZE MONEY	1st	2nd	3rd
Open	R1000	R750	R500
40 - 49	R500	R300	R200
50 - 59	R300	R200	R100
60 - 69	R300	R200	R100
70 +	R300	R200	R100
Juniors (14-19yrs) R500 Open Club Team: Men & Women: 4 x R100	R300	R200	R100

A leader in the fight against cancer in SA, since 1931, the purpose of the Cancer Association of South Africa (CANSA), is to offer a unique, integrated service to the public and to all people affected by cancer.

It's mission is to be the preferred non-profit leader that enables research with regards to lowering cancer risk, educating the public regarding symptoms, screening and risk reduction, and providing care and support to all people affected by cancer.

CANSA is committed to connecting people facing cancer with information, day-to-day help as well as emotional support they need in the communities where they live. Our aim is to ensure that cancer Survivors and their loved ones don't have to face cancer alone; we're here to support them through every step of their cancer journey.

Your support helps us to continue the fight against cancer in South Africa and brings us closer to the challenge of a cancer-free society within our generation. Let this become our legacy to our children and generations to come.

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