



KWAZULU NATAL ATHLETICS

# STAINBANK CUP

HOSTED BY YWPAC (50TH RACE)

**WIN**

**A PAIR OF ASICS  
RUNNING SHOES  
AND A R5000  
SPEAKER**



**T-SHIRTS FOR THE FIRST  
400 ENTRANTS**

**SUNDAY, 1 DECEMBER 2024**

**15KM RUN**



**BARBET RD, YWP (START) | R180 ENTRY FEE**

**ENTRY AND FINISH @YWPAC**

**6AM START**

**9AM PRIZE GIVING**

**www.eventtiming.co.za for pre-entries | T-Shirts for the first 400 entrants**

**Tog-Bag facility at finish | 2.45 hour time limit**

**R60,00 KZNA Temporary License if required**

**Pre/Post Hydration en-route | No personal seconding**

**One undulating lap around YWP and partly through Kenneth Stainbank Nature Reserve**

## RACE RESULTS

- [WWW.EVENTTIMING.CO.ZA](http://WWW.EVENTTIMING.CO.ZA)
- [ENQUIRIES | WWW.YWPAC.CO.ZA](http://ENQUIRIES|WWW.YWPAC.CO.ZA)
- **FRED : 083 384 4053 | STEVE: 082 941 6154**

**GENERAL INSTRUCTIONS:**

- THE RACE WILL BE RUN SUBJECT TO WA, ASA & KZNA RULES
  - PRE-ENTRIES CLOSING DATE IS THURSDAY 28 NOVEMBER 2024
  - LATE ENTRIES PERMITTED AT YWPAC ON SATURDAY 30 NOVEMBER 2024 FROM 11H00 TO 16H00 @ R200,00
  - TEMPORARY LICENSES AT R60,00 EACH WILL BE AVAILABLE ONLINE AND COLLECTED AT REGISTRATION.
  - TEMPORARY LICENSES TO BE WORN ON THE BACK OF A PLAIN VEST WITH NO ADVERTISING & RACE NUMBER ON THE FRONT. TEMPORARY LICENSED ATHLETES ARE NOT COVERED BY A NATIONAL INSURANCE POLICY, ASA RULE 25.6.15. HOLDERS OF TEMPORARY LICENSES WILL BE ELIGIBLE FOR INDIVIDUAL PRIZES AND MAY CLAIM AGE CATEGORY PRIZES IN KEEPING WITH WA AND ASA RULE 25.6.13.
  - MINIMUM AGE TO ENTER 15KM RUN - 15 YEARS OLD ON RACE DAY.
  - JUNIOR ATHLETES MUST BE 19 YEARS OR YOUNGER ON 31 DECEMBER IN THE YEAR OF THE COMPETITION.
  - ALL ENTRANTS MUST ENSURE THEY ARE MEDICALLY FIT TO RUN AND FULLY UNDERSTAND THAT THEY RUN AT THEIR OWN RISK AND THE ORGANISERS WILL NOT BE HELD RESPONSIBLE FOR ANY INJURY OR ILLNESS INCURRED DURING OR AS A RESULT OF THE RACE, OR FOR ANY PROPERTY LOST OR DAMAGED ON THE COURSE OR IN THE CHANGING AREA.
  - WINNERS OF LUCKY DIP PRIZES MUST BE PRESENT TO COLLECT THEIR PRIZES AND PROOF OF ID MAY BE REQUIRED.
- \*ALL PARTICIPANTS MUST WEAR CLUB COLOURS AND THEIR KZNA-APPROVED 2024 PROVINCIAL LICENSES ON THE FRONT & BACK OF THE CLUB VEST OR CROP TOPS
- NEW ASA/KZNA AGE CATEGORY (60MM TO 80MM) & WALKER TAGS MUST BE WORN ON THE FRONT & BACK OF THE CLUB VEST AND MUST BE CLEARLY VISIBLE TO QUALIFY FOR AGE CATEGORY PRIZES - MEN & WOMEN: 35 -39, 40-49, 50-59, 60-69, 70+\*FOREIGN ATHLETES MUST COMPLY WITH WA RULES CR 1.7, TR 4.1 AND TR 4.2 AND ASA RULE 9.
  - CATEGORY WINNERS MUST BE ABLE TO PROVIDE PROOF OF AGE ON REQUEST.
  - \*WALKERS MUST WEAR ASA/KZNA NEW APPROVED WALKER TAGS ON THE FRONT & BACK OF THE CLUB VEST/CROP TOP AND MUST BE CLEARLY VISIBLE.
  - ATHLETES MUST OBEY MARSHALLS, TECHNICAL OFFICIALS, AND TRAFFIC OFFICERS.
- POST RACE EVENTS- 50TH RACE CELEBRATION - ENTER YOUR CLUB
- TUG OF WAR
  - BEER MILE
  - EGG & SPOON RACE

**IMPORTANT INFORMATION**

- ENTER EARLY TO AVOID DISAPPOINTMENT, 1ST 400 ENTRIES WILL SECURE A RACE T-SHIRT
- ENTER ON-LINE: [WWW.EVENTTIMING.CO.ZA](http://WWW.EVENTTIMING.CO.ZA). CREDIT CARD AND EFT PAYMENT OPTIONS ARE AVAILABLE.
- PRE-ENTRY CHIPS ARE TO BE COLLECTED AT YWPAC ON SATURDAY, 30 NOVEMBER 2024 FROM 11H00 TO 16H00 AND ON SUNDAY 01 DECEMBER 2024 FROM 05H00 TO 06H00.

**PRIZE MONEY:**

Men & Ladies	15km Run	15km Run	15km Run	15km Run	15km Run	15km Run	15km Run
AGE GROUPS	Open	35-39	40-49	50-59	60-69	70+	19yrs + under
1st	R600	R250	R250	R250	R250	R250	R250
2nd	R400	R 200	R 200	R 200	R 200		R 200
3rd	R250	R150	R150	R150			

**RACE RESULTS**

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