# THE LAST RUN OF 2024 & 50<sup>TH</sup> ANNIVERSARY OF THE EVENT

# **RUNNERS MEMORIAL RACE**



**DATE: TUESDAY, 31 DECEMBER 2024** 

**VENUE: GREEN POINT LIGHTHOUSE, MOUILLE POINT** 

START: 06:30 / DISTANCE: 8KM

NAMES OF RUNNERS WHO HAVE PASSED AWAY IN 2023 & 2024 WILL BE READ OUT @ 06:15 (Please contact the organizers to add additional names to the memorial list)

ENTRY FEE: R95 ONLINE ENTRIES (www.webtickets.co.za)

**R90 ENTRIES ON THE DAY (05:15 – 06:30)** 

CARD FACILITIES WILL BE AVAILABLE ON THE DAY

**CUT-OFF TIME: 90 MINS** 

#### COMMEMORATIVE DRINKING GLASSES TO FIRST 1200 FINISHERS

This will be a plastic free event

The race supports the Carry your Own campaign and runners are encouraged to carry their own hydration packs or bottles

Only disposable cups will be available at the water table #RunClean

### **NO POSITION PRIZES WILL BE AWARDED**

## **LUCKY DRAW PRIZES @ 08:00**

## NO CLUB COLOURS OR LICENSES REQUIRED

**ENQUIRIES: FRANCOIS GOUWS - 083 236 8265** 

raceconvener@edgemeadrunners.org.za







#### **RUN IN ACCORDANCE WITH WPA AND ASA RULES**

- No race numbers will be issued.
- For safety reasons the use of personal music players with headphones is not allowed.
- Social walkers, dogs and prams are allowed but must please start at the back of the field so as to not cause an inconvenience for other runners.
- There will be one refreshment station available.
- Wheelchair athletes must please contact the organizers timeously to discuss arrangements for their participation.

Do not litter. Dispose of cups responsibly by using the boxes provided or carrying them to the Finish. Report offenders to the referees.

