



GPS: 34° 01' 10.23" S 18° 26' 50.24" E



Organised by: The Pinelands Athletic Club

For more information call Jerome Merton on 083 280 9798 or visit www.pinelandsathleticclub.co.za / www.topevents.co.za



HOHENORT 15KM ROAD RACE

RUN IN MEMORY OF DAVE SPENCE



TOTALSPORTS

SAT 11 JANUARY 2020

Registration: Entries on the day at registration
Christ Church, cnr of Constantia Main Road and Parish Road, Constantia from 04h45

Start and finish: Alphen Centre, Constantia Main Road, Constantia at 06h00

R2.00 of every entry fee will be donated to Woodside Special Care Centre

RACE COSTS:
Licensed athletes (including juniors) R90.
Unlicensed athletes R90 + R50 for temp licence.
Enter online at www.topevents.co.za

A pair of quality running socks and a 2020 race calendar to the first 2 500 finishers



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PLEASE ALLOW 15 MINUTES TO GET FROM REGISTRATION TO THE START

2H30 CUT-OFF

**ENTRIES ON THE DAY AT REGISTRATION
ONLINE ENTRIES WWW.TOPEVENTS.CO.ZA**



Lucky draw prizes include Brooks shoes, a Nutribullet and Totalsport Vouchers



PRIZE MONEY

MEN				WOMEN			
Age categories	1	2	3	Age categories	1	2	3
Juniors (15-19)	R 900	R 700	R 500	Juniors (15-19)	R 900	R 700	R 500
Open	R1 700	R1 200	R 800	Open	R1 700	R1 200	R 800
40-49	R 900	R 700	R 500	40-49	R 900	R 700	R 500
50-59	R 900	R 700	R 500	50-59	R 900	R 700	R 500
60-69	R 900	R 700	R 500	60-69	R 900	R 700	R 500
70+	R 900	R 700	R 500	70+	R 900	R 700	R 500
Open Mens Team	4 × R600 = R2 400			Open Womens Team	4 × R600 = R2 400		



WOODSIDE SPECIAL CARE CENTRE

Woodside SCC is an NGO situated in Rondebosch East, Cape Town, South Africa. After a phenomenal 42 years Woodside Special Care Centre is still the leader in providing excellent care to intellectually disabled children and young adults as well as their families.

The service levels at Woodside SCC is top notch and comprises of in house therapeutic activities such as physiotherapy, occupational therapy, self-help skills, 24 hour professional nursing as well respite care to parents with children who are intellectually and physically disabled.

At Woodside we believe it is our duty to make the public aware of the plight of our children. Woodside Special Care Centre really has a unique story which can only be told in many unspoken words when you walk through the wards and realise that these children will never be able to run and play, kick a ball or comprehend. They have had such a sad start in life as many of them were born with irreversible brain damage.

Our Centre is located on the cnr of Seventh Avenue and Lawson Roads, Rondebosch East, Cape Town, South Africa.

If you would like to know more about our services or make a donation, please contact us at 021 696 2811
General Manager – Melanie Brand manager@woodside.org.za
Marketing / Fundraising – Clive Obery marketing@woodside.org.za
www.woodside.org.za

RACE INFORMATION

- Enquiries – Jerome Merton on 083 280 9798.
- Enter on the day from 04h45 to 05h45, alternatively enter online (14% service charge for online entries) at www.topevents.co.za until 5 January 2020.
- Race starts at 06h00 and ends in the parking area of Constantia Community Centre.
- Tog bag security will be provided at runners own risk.
- Licensed athletes (including juniors) entry fee is R90.00. Unlicensed athletes R90.00 + R50.00 for temp licence.
- Social walkers welcome. Walkers to start at the back and to keep to the side of the road.

ENTRY RULES

- The race is run according to the rules of ASA & WPA.
- Runners must obey traffic officers, race marshals and race officials at all times.
- Nobody under the age of 15 years may participate.
- No personal seconding permitted except at official refreshment stations.
- The time limit is 2 hours 30 minutes. Cut off 08h30.
- Licensed runners should run in club colours and a licence valid for 2020 must be worn on the front and back of the vest or purchase a temporary licence to be worn on the front of the vest. Temporary Licence holders when registering 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.
- Temporary licensed runners to wear plain clothing, no advertising.
- No race numbers will be issued.
- The use of music players with headphones is not allowed and may result in disqualification.
- Entry cards must be carried throughout the race and handed in at the finish.
- Entry cards will be exchanged for a pair of socks and a race calendar to first 2 500 finishers.
- Do not litter. Dispose of sachets and cups responsibly using the boxes provided or carrying them to the finish. Report offenders to the referees.
- Water and Coke will be available along the route and at the finish.
- Prize giving will be soon after 08h30.
- 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.
- Detailed rules are available on ww.wpa.org.za or on request from the organisers or the WPA office.
- Wheelchair athletes must please contact the organizers timeously to discuss arrangements for their participation.
- Eats and refreshments will be on sale.
- R2.00 of each entry fee will be donated to Woodside Special Care Centre.



PRIZES

- 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.
- 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.
- Juniors born 2001 or later, must display age tags “J” to qualify for age group prizes. Juniors will count towards Open team prizes.
- Licences valid for 2020 must be worn front and back of vest and Club colours must be worn to qualify for team prizes.



WESTERN PROVINCE ATHLETICS
 Race flyers and results
www.wpa.org.za
wpa-subscribe@yahoo.com

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