

RAVENSMEAD ATHLETIC CLUB

15 KM RUN SATURDAY 28.03.2020

TROPHY FOR THE LARGEST BUS
TROPHY FOR THE FASTEST BUS

15 KM RUN • R 90 LICENSED | R 140 UNLICENSED
• START - 06:30
• CUT OFF - 08:45

10 KM LEAGUE WALK • R 70 SENIOR LICENSED | R 110 SENIOR UNLICENSED
• R 50 JUNIOR LICENSED | R 75 JUNIOR UNLICENSED
• START - 06:45
• CUT OFF - 08:45

5 KM FUN RUN • R 35
• START - 07:00

ENTRIES • FRIDAY, 27 MARCH AT 18:00 TILL 20:00
• SATURDAY, 28 MARCH 05:00 TILL 06:00

FLORIDA PARK

STROEBEL STREET, RAVENSMEAD

FOR MORE DETAILS: SEAN 083 643 4883

ravensmeadac@outlook.com

GENERAL

- Race will be run in accordance with ASA and WPA rules.
- Cut-off time: 2hrs 15min for the 15 km and 2hrs for the 10 km.
- Licensed runners must wear club colours and a valid 2020 license on the front and back of their vests.
- Participants for the 15 km must be 15 years of age or older on race day. Participants for the 10 km must be 14 years of age or older on race day.
- In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter.
- Age category tags must be worn on the front and back of vest and be visible for the entire race. Participant may enter the age category corresponding to their chronological age or any younger category down to senior.
- Juniors (born from 2001 onwards) must wear age category tags "J" to qualify for age category prizes. Juniors will count towards Open team prizes.
- Club colours must be worn to qualify for team prizes.
- Unlicensed athletes need to purchase a temporary license. 10 km is R 40 for seniors and R25 for juniors. 15 km is R 50.
- 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.
- Temporary licensed athletes must run in plain coloured clothing without advertising, with the temporary license number on the front of the vest.
- Temporary licenses will be available at registration. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete.
- Entry cards, must be in the athlete's possession during the race and handed in at the results board at the finish.
- No personal seconding will be permitted except at official refreshment stations.
- Refreshment tables will be provided at regular intervals in accordance with ASA and WPA rules.
- Traffic officers and race marshals must be obeyed at all times.
- Tog bag area is provided at own risk. **Please do not leave any valuables in your car or bag.**
- Prize giving starts at 08h30.
- Participants who are 70 years and older enter for free. Please provide proof at Registration. Unlicensed athletes would require to purchase a temporary license.
- Handouts to the first 2000 finishers.
- The organisers, sponsors, landlord, representatives, contractors and any person acting under the control of the organisers, WPA, ASA, shall not be responsible or liable for any claim, costs, loss or damage arising or suffered by any person participating in this activity, including but not limited to personal injury or death, or any harm caused to any person for damages, loss or destruction of any property of any person arising from negligence by the owners or theft or from any other cause whatsoever.
- Please park in the designated parking areas. All parking at own risk.
- Club buses competing for the "largest / fastest bus" trophy must comprise of 15 members or more and finish together.
- No race numbers will be issued.
- DO NOT LITTER. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. #RunClean
- The use of music players with headphones is not allowed and may result in disqualification.
- Fun Run participants younger than 10 years old must be accompanied by an adult.
- Wheelchair athletes must please contact the organizers timeously to discuss arrangements for their participation.
- Detailed rules are available on www.wpa.org.za or on request from the organizers of the WPA office.

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Race flyers and results

www.wpa.org.za

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PRIZES FOR 15 KM ROAD RACE

AGE	1ST	2ND	3RD
Juniors 15-19	R 700	R 600	R 500
Open	R 1500	R 1200	R 1000
40-49	R 500	R 400	R 300
50-59	R 500	R 350	R 250
60-69	R 500	R 350	R 250
70+	R 500	R 350	R 250

TEAM PRIZES

Open Men 4 x R 150

Open Women 4 X R 150

WALKING RULES FOR 10 KM LEAGUE

- No running allowed.
- Walkers need to display Walker Tags both front and back.
- Walkers will be judged according to IAAF, ASA and WPA race walking rules.
- Walkers judges will be present.
- 10 km League Walk starts 15 minutes after the start of the Road Race.
- Participants must be 14 years of age or older on race day.

PRIZES FOR 10 KM LEAGUE WALK

AGE	1ST	2ND	3RD
Juniors U/19	R 250	R 200	R 150
Open	R 350	R 250	R 200