

## VELOCITY ATHLETIC CLUB



SILVERSTREAM 21km SATURDAY 9 MAY 2020 or ENTER THE **COMBO 21km + 8km beach fun run** and cover altogether **29km** at SILWERSTROOM STRAND RESORT, on the WESTCOAST, SILVERSTREAM ROAD.

FUN RUN OFFICIAL START AT 9H30 - NOTE: 21km is a **COCA-COLA LEAGUE EVENT**.

GPS Co - Ordinates: **S -33.59031° E 18.36182°**

ONLINE ENTRIES AT TOP EVENTS + E MAIL ENTRY [marioph15@yahoo.com](mailto:marioph15@yahoo.com) or ENTER ON THE DAY AT SILWERSTROOM STRAND RESORT FROM 5H00 TO 6H50



FOR ENQUIRIES, CONTACT

MARIO PHILANDER 0722541880 or LEE-SHAY WILLEMSE  
0781645118

*Coca-Cola* Peninsula Beverages



**21KM: AT SILWERSTROOM STRAND RESORT, on the WESTCOAST, SILVERSTREAM ROAD.**

### **ONLINE ENTRIES**

Enter at [www.topevents.co.za](http://www.topevents.co.za) online entries close on 4 May 2020 @ 00h00 and a 14 % admin fee will be applicable.

### **MANUAL ENTRIES / REGISTRATION**

Entry forms can be downloaded from WPA at [www.wpa.org.za](http://www.wpa.org.za). E mail entry and proof of payment to [marioph15@yahoo.com](mailto:marioph15@yahoo.com) **DIRECT DEPOSIT: VELOCITY ATHLETIC CLUB, NEDBANK, (BRANCH 198765), SAVINGS ACC 2004 679 263** Entry closing date for E: mail entries 4 May 2020. On race day entries will be taken from 5h00 until 6h50. **AT SILWERSTROOM STRAND RESORT.**

### **STARTING TIMES**

*Starting point: 21km, at main entrance of Life Guard Facility at 7H00*

*Starting point: 8km beach Fun Run, at main entrance of Life Guard Facility at 9H30*

### **PRIZE GIVING**

*On Saturday, 9 May 2020 at 10h30 at the finish, on the resort Male and Female prize money up for grabs*

| <b>21KM</b>            | <b>1ST</b>   | <b>2ND</b>  | <b>3RD</b>  |
|------------------------|--------------|-------------|-------------|
| <b>OPEN</b>            | <b>R1000</b> | <b>R800</b> | <b>R500</b> |
| <b>40-49</b>           | <b>R500</b>  | <b>R400</b> | <b>R300</b> |
| <b>50-59</b>           | <b>R400</b>  | <b>R300</b> | <b>R200</b> |
| <b>60-69</b>           | <b>R300</b>  | <b>R200</b> | <b>R150</b> |
| <b>70+</b>             | <b>R300</b>  | <b>R200</b> | <b>R150</b> |
| <b>TEAM OPEN PRIZE</b> | <b>4x200</b> |             |             |

### **MEDALS**

All finishers within the cut off time will receive a medal.

### **GENERAL INFORMATION**

1. Try to arrive early and look out for direction indicators and marshals
2. Race results will be available on [www.wpa.org.za](http://www.wpa.org.za)
3. Tog bag facilities will be available at own risk. Do not leave valuables in your bag.
4. First aid will be available on the route and at the finish
5. Water at every 4km and Coke at every other station

## INFORMATION

Mario Philander 0722541880 Event Organizer Lee Shay Willemse 0781645118 Club Secretary  
ENTRY FEES

21KM: R130 (LICENSED ATHLETES) – R180 (UNLICENSED ATHLETES)

8KM FUN RUN: R40

## ENTRYFORM

Name:

ID number:

Emergency Name:

Medical Aid:

Club Name:

Province:

COMBO: 21km + 8km beach fun run:

21.1km only:

8km Fun run/walk only:

AGE CATEGORY: Senior  40-49  50-59  60-69  70+

## DECLARATION

The race is held under the rules of provincial and national sports associations, ASA and WPA.

Participants in the VAC Half-marathon and related activities (the event) acknowledge that although all precautions have been taken by the organizing body, there may be dangers inherent in participation in the Event. Participants voluntarily assume such risks and waive all claims of whatsoever nature and howsoever arising in relation to the Event against any parties, including but not limited to the organizing body, sponsors, advertisers, local authorities, directors, employees and suppliers of these parties and any individual, official, marshal or agent (" the Parties "). Participants irrevocably indemnify the parties against any liability or claim so f any nature whatsoever and howsoever arising (whether directly or indirectly, whether from negligence, albeit gross and / or from involvement in or passage to or from the Event), including but not limited to liability or delay, inconvenience, accident, death, injury, illness to their person, or loss of or damage to property or costs and expenses sustained, incurred or put to by Participants and / or by a minor child under the care or control of participants. Parents or guardians authorizing minor participation in the even thereby consent to such minor not being capable of waiving his/ her rights as stipulated above

SIGNATURE: -----DATE: -----2020

Parent or guardian if under 18 years of age

## RULES

1. The race is run according to the rules of ASA and WPA minimum age on race day for the 8km beach fun run is 12years and children under 10 must be accompanied by an adult and for the 21km minimum age is 16 years.
2. Participants must obey instructions of marshals and/traffic officers.
3. It is compulsory for entrants to register.
4. No personal seconding will be permitted, except at official refreshment stations.
5. Time limit: 21km=3 hours 30 minutes starting at (7h00)
6. The organizers as well as WPA accept no responsibility for any accident or injury resulting for participating in this event.
7. Ruling by the Jury of Appeal will be considered final and failure to comply with any rule may lead to disqualification
8. The use of music players with head phones is not allowed and may result in disqualification
9. 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.
10. Do not litter. Dispose sachets and cups responsibly by using the boxes provided or carrying them to the finish report offenders to the referees. # RUN CLEAN
11. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organizers of the WPA office.

## 21km RACE RULES

- The race is run according to the rules of ASA and WPA.
- Entry cards must be in the athlete's possession during the race and must be handed in at the results board at the finish. Any participant not able to produce a race entry card when asked to do so by a race official maybe disqualified.
- 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 (front and back) and visible for the entire race to be eligible for any age category prize.
- 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.
- Licensed athletes should wear club colours. Full club colours must be worn to qualify for team prizes.
- No race numbers (bibs) will be issued. Registered athletes must wear their ASA licenses on front and back of their vest.
- Wheelchair athletes must please contact the organizers timeously to discuss arrangements for their participation.
- Unregistered participants must purchase a Temporary License which must be worn on the front of the vest.

 Peninsula Beverages 

