

ELSIES RIVER ATHLETIC CLUB

COCA-COLA LEAGUE 10KM RACE



Saturday 28th October 2017 @ 6:45AM

10KM LEAGUE RACE!!!

(5km Run/Walk: R20: Starts at 7:30am)

**SALBERAU SPORTS COMPLEX, ELSIES RIVER
REGISTRATION FROM: 5:30am**

**Medals to all Finishers
SOCIAL WALKERS ARE MOST WELCOME**

ENTRY FEE

| | | | |
|----------------------|---------|---|-----------------|
| LICENSED ATHLETES: | R50. 00 | - | JUNIORS: R30.00 |
| UNLICENSED ATHLETES: | R80. 00 | - | JUNIORS: R45.00 |

ENQUIRIES: Bertram Windvogel : 082 3987148
Deroneun Van der Walt : 071 3562125



GENERAL RULES AND INFORMATION

1. Registered Runners/ Walkers to wear club colours with 2017 licence numbers on the front & the back of the vest.
2. Minimum age on race day is 14 years.
3. Time limit is 110 minutes.
4. Entry cards must be carried on you for the duration of the race.
5. Tog bag facilities will be available, at own risk.
6. Participants take part at their own risk. Neither organisers nor WP Athletics will be held responsible for any accident or injury resulting from athlete's participation.
7. 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 vests.
Participants may enter in the age category corresponding to the chronological age or any younger category down to senior.
8. Temp licensed participants are eligible for an age category prize provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
9. Full Club colours must be worn to qualify for team prizes.
10. Age category tags will be available at registration at R5 per set and must be worn front and back and visible for the entire race to be eligible for a category prize.
11. Temporary licence runners should wear plain clothing without any advertising.
12. Temporary licence to be worn on the chest.
13. Personal seconding will not be allowed except at official refreshments station.
14. Juniors (born 1998 and later) wearing a junior or senior licence must display age 'J'- tags to qualify for age group prizes.
15. Spot prizes will be awarded. Prize giving will commence at 08:30am
16. No Race numbers will be issued.
17. Please do not litter. Dispose sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees.
18. For safety reasons the use of music players with headphones is not allowed and may result in disqualification.
19. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

THIS EVENT IS RUN UNDER THE AUSPICES OF ASA AND WPA

| | PRIZE MONEY | MEN and WOMEN | |
|----------------------------|------------------------|----------------------|-----------------------|
| | 1st | 2nd | 3rd |
| Open | R400.00 | R250.00 | R150.00 |
| 40 – 49 | R200.00 | R150.00 | R100.00 |
| 50 – 59 | R150.00 | R 100.00 | R 75.00 |
| 60 + | R150.00 | R 100.00 | R 75.00 |
| Juniors: 14 – 19Yrs | R150.00 | R 100.00 | R 75.00 |
| Open Club Team: | Men: 4 x R50.00 | Women: | 4 x R50.00 |