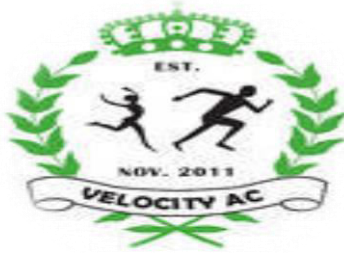


VELOCITY ATHLETIC CLUB



VAC 21KM AND 10KM RUN/10KM **WALK** AND 5KM FUN ROAD

EVENTS SUNDAY 15 DECEMBER 2018

AT MULTIPURPOSE SPORTS CENTRE INDUSTRIAL ATLANTIS, CHRISTOPHER STARKE STREET. (**VENUE OLD ADE CLUB HOUSE**)

ONLINE ENTRIES ON TOP EVENTS + E MAIL ENTRY marioph15@yahoo.com OR ENTER ON THE DAY AT MULTIPURPOSE SPORTS CENTRE FROM 4H00 TO 5H50



FOR ENQUIRIES, CONTACT

MARIO PHILANDER 0722541880 or LEE-SHAY WILLEMSE
0781645118



21KM/10KM & 10KM WALK + 5KM FUN RUN AT MULTIPURPOSE SPORTS CENTRE, INDUSTRIAL ATLANTIS

ONLINE ENTRIES

Enter at www.topevents.co.za online entries close on 3 December 2018 @ 00h00 and a 14 % admin fee will be applicable.

MANUAL ENTRIES / REGISTRATION

Entry forms can be downloaded from WPA at www.wpa.org.za or E mail entry and proof of payment to marioph15@yahoo.com DIRECT DEPOSIT: VELOCITY ATHLETIC CLUB, NEDBANK, (BRANCH 198765), SAVINGS ACC 2004 679 263 Entry closing date for E: mail entries 8 December 2018. On race day entries will be taken from 4h00 until 5h50 at Multipurpose Sport Centre.

STARTING TIMES

Starting point: 21km at main entrance of Multipurpose Sports Centre at 6H00 and 10km will start at 6h15, 200m from main entrance of Multipurpose Sports Centre and 10km walk will start at 6h30 and 5km Fun Run will start at 6h40

PRIZE GIVING

On Saturday, 15 December 2018 at 9h45 at the finish, in Multi-Purpose Sports Centre. Male and Female prize money up for grabs

21KM	1ST	2ND	3RD	10KM	1ST	2ND	3RD	10km/Walk	
OPEN	R800	R500	R300		R500	R400	R200	1ST	350
40-49	R400	R300	R200		R300	R200	R100	2ND	250
50-59	R300	R250	R200		R250	R200	R150	3RD	200
60-69	R250	R200	R150		R200	R150	R100		
70+	R250	R200	R150		R200	R150	R100		
JUNIORS					R250	R200	R100		
OPEN TEAM PRIZE 21KM	4X200			OPEN TEAM PRIZE 10KM	4X100				

WPA INCENTIVES FOR WPA ATHLETES

10km: R2000 to all male runners under 29 minutes and all female runners under 33minutes.

21km: R2000 to all male runners under 62 minutes and all female under 75 minutes. (Excluding juniors)

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
3. Tog bag facilities will be available at own risk. Do not leave valuables in your bag.
4. 10km Walk will be held in accordance and rules of WPA and ASA. This will fall part of the WPA League Walk series. **10km social walkers are welcome.**
5. First aid will be available on the route and at the finish
6. Water at every 3km and Coke at every other station

INFORMATION

Mario Philander 0722541880 Event Organizer Lee Shay Willemse 0781645118 Club Secretary

ENTRY FEES

10KM: R50 (LICENSED ATHLETES) – R85 (UNLICENSED ATHLETES)

10KM: R30 (LICENSED JUNIORS) – R50 (UNLICENSED JUNIORS)

21KM: R90 (LICENSED ATHLETES) – R145 (UNLICENSED ATHLETES)

ENTRYFORM

Name:	Surname:
ID number:	Cell:
Emergency name:	Emergency contact:
Club Name:	2018 License Nr:
Medical Aid:	Medical Aid Number:
Province:	Nationality ;

21km 10km run 10km/**walk** 5km Fun run

AGE CATEGORY: 14-19 Open 40-49 50-59 60-69 70+

DECLARATION

The race is held under the rules of provincial and national sports associations, the ASA and WPA. International athletes must provide a clearance letter from their country of origin to the referee in the event of them winning a prize.

Participants in the VAC Half-marathon, 10km and the Fun Run and related activities (the event) acknowledge that although all precautions have been taken by the organizing body, there maybe 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: -----2018
Parent or guardian if under 18 years of age

RULES

1. Minimum age on race day is: 21km=16 years, 10km=14 years **and 5km Fun Run=9 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 15 minutes starting at (6h00) 10km=2 hours (starting time at 6h30).
6. The organizers as well as WPA accept no responsibility for any accident or injury resulting for participating in this event.
7. Any ruling by the Jury of Appeal will be considered final.
8. Athletes from the organizing club are not eligible for lucky draw prizes.
9. Failure to comply with any rule may lead to disqualification.
10. The use of music players with head phones is not allowed and may result in disqualification
11. 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.
12. 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.
13. Detailed rules are available on www.wpa.org.za or on request from the organizers of the WPA office.

21km/10km & 10km RACE RULES

1. 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.
2. In addition to overall (open) prizes, participants will only be eligible for an age category prize in the age category they enter.
3. Corresponding numerical 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.
4. 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.
5. Juniors born 1999 wearing a junior or senior license must display category tags "J" to qualify for age group prizes and juniors will count towards Open team prize money.
6. 10km walkers must have "walker" tags (front and back) to qualify for "category" prizes.
7. Licenced athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
8. No race numbers (bibs) will be issued. Registered athletes must wear their ASA licenses on front and back of their vest and the ASA license sponsor remains visible. Unregistered participants must purchase a Temporary Licence which must be worn on the front of the vest.
9. Wheel chair athletes must please contact the organizers timorously to discuss arrangements for their participation.

 Peninsula Beverages 

