



Defence (Western Province) Athletics Club

presents the



John Korasie 30km Road Race

Place: Simon's Town Sports Grounds (Martello Road)

Date: Sunday 15 August 2010

Starting Time: 07H00

Entry Fees: Licenced Athletes = **R50** - Unlicenced Athletes = **R75**

Cut off: **11H30** (4h30m), giving time for fast walkers over the distance.

Medals

- **Gold** to the **1st 10** men and the **1st 10** women
- **Silver** to the **next 90** finishers
- **Bronze** to all other finishers

Enquiries

- **Des Frecthas** on **082 446 9033** or **021 787 4082 (Business)**
- **Willy Honeyman** on **083 345 8507** or **021 787 4331 (Bus)**
- **E-Mail** willhoneyman@webmail.co.za
- or chris.dooner@sanavy.co.za

Venue and Parking: Drive through Simon's Town and turn left into Martello Rd or Seaforth Beach for plenty of parking within 200 metres of Registration, Start and Finish



Rules and Race Information:

1. Registration: Enter at the Swimming Pool Club House from 05H30.
2. Start: The race starts at 07H00 from the Main Road (M4) above the swimming pool. The start is 100m from Registration and the Finish.
3. Age Limit: The minimum age, on the day of the race, for participants is 20 years or older.
4. Cut off: 4 hours 30 minutes at 11H30, giving time for fast walkers.
5. Prize Giving will commence within 15 minutes of cut off time.
6. Participants must obey instructions of Marshalls, Race Officials and Traffic Officers
7. Entry cards must be worn for the duration of the race.
8. Licenced Athletes must wear 2010 Licences on the front and back of the vest.
9. Unlicenced Athletes must buy a 2010 Temporary Licence and display it on the front of the vest.
10. Participants will be eligible for prizes in the Open Category and the age category for which they have entered and are carrying the relevant Entry Card and are visibly displaying the relevant Age Category Tags (front and back) for the duration of the race. Participants may enter the age category corresponding to their chronological age or any younger category.
11. Temporary licenced participants are eligible for age category prizes provided that they enter the relevant age group, wear the appropriate age category tags and provide proof of age.
12. Full club colours must be worn to qualify for Team Prizes.
13. No seconding from a moving vehicle/bicycle is allowed.
14. Race Result booklets will be provided to all WPA Clubs. Results will also be posted on the WPA website (wpa.org.za)
15. Tog bag facilities will be provided at the finish facility.
16. Toilets and showers will be available.
17. Neither the Organisers nor the SANDF accept any responsibility for any accident or injury resulting from participation in this event.
18. Run in accordance with ASA and WPA Rules

Prizes: Men and Women

	Open	40-49	50-59	60+
1st	R500	R300	R300	R300
2nd	R300	R200	R200	R200
3rd	R200	R100	R100	R100

Open Men and Women's Running Teams: 4 X R100
Lucky Draw Prizes include Trips to Sea with the Navy