



HALF MARATHON & 5KM FUN RUN

HOSTED BY BRACKENFELL ATHLETICS CLUB

Date: Time: Saturday, 28 July 2018
 Half Marathon (21 km) 07:15
 Fun run (5 km) 07:30

Venue: Paarl School, Rogland Street, Brackenfell
 Please note: New Start, 200m past Brackenfell High School

Entries: Entries from 05:30 at the start venue on race day, no pre-entries.
 21Km entries until 06:45 and 5Km entries until 07:15.

Cost of entries: 21 km – R90 licensed, R145 unlicensed
 70 years and older licensed – Free
 5 km – R35, no licence needed

Medals to 1st 1500 21 km finishers and 1st 500 Fun Runners

LUCKY DRAW PRIZES

Enquiries:

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This race is in accordance with the rules of IAAF, ASA & WPA

Prizes: Women and Men

21 km	Open	16-19	40-49	50-59	60-69	70+
1st	R1200	R600	R800	R600	R600	R500
2nd	R1000	R500	R700	R500	R500	R400
3rd	R800	R400	R600	R400	R400	R300
Team prizes 21 km Open						
4 x R150 Women			4 x R150 Men			

Race details

1. Minimum age on race day for 21 km is 16 years.
2. Participants must obey instructions of marshals and traffic officers.
3. No race numbers will be issued. Licensed athletes should compete in official club colours and must display unaltered licence numbers, valid for 2018, on the front and back of running vests. In addition to entering the race, unlicensed participants must purchase a temporary licence, which must be worn on the chest.
4. 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.
5. Temporary licences will be available at registration and must be worn on the chest. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete. Temporary licensed participants are eligible for age category prizes, provided they wear the category appropriate age tags and provide proof of age.
6. Juniors born in 1999 or later must display category tags "J" to qualify for age category prizes. Juniors can also win Open team prizes.
7. Club colours and permanent licenses must be worn to qualify for team prizes.
8. Entry cards must be carried for the duration of the race and handed in at the results board at the finish. Participants to produce their finishing card when asked to do so by a race official.
9. No personal seconding will be permitted except at official refreshment stations.
10. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
11. Time limit for 21 km is 3 hours 30 min.
12. The organisers' Club and sponsors as well as WPA accept no responsibility for any accident or injury resulting from participation in the event.
13. Any ruling by the race committee will be considered final.
14. The use of personal music players with headphones is NOT allowed and may result in disqualification.
15. Entries will be accepted at the start venue on race day from 05h30 to 06h45 for the 21 km and until 07h15 for the 5 km. No pre-entries.
16. Prize giving ceremony at 11:00, which includes the awarding of Lucky draw prizes.
17. Tog bag area provided at runners' own risk.
18. Race Results will be sent to all Western Province Clubs.
19. 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. We support #run clean campaign.
20. The race is run according to the rules of IAAF, ASA and WPA. Detailed rules are available at www.wpa.org.za or on request from the organisers or the WPA office.
21. International athletes must provide a clearance letter from their country of origin to the referee in the event of them winning a prize.

INDEMNITY CLAUSE / WAIVER

By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF, ASA and WPA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, persons and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre-and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

MINOR RELEASE: and I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

Date: _____

Signature: _____

