



LIGHTHOUSE

T E N



Date:

Wednesday 2nd March 2016

**Start and
Finish Venue:**

**Beach Road,
Opposite Winchester Mansions**

Start Time:

18h30

Distance:

10km Road Race

**ENTER ONLINE AT WWW.TOPEVENTS.CO.ZA
OR ON RACE DAY FROM 14:00PM**

**Closing date for online entries:
Sunday 28th February 2016**

Medals to the first 2500 finishers

A togbag facility will be provided



Help us ensure that no litter ends up in the sea. Use the bins provided or carry your empty sachets to the finish.

LUCKY DRAW!
SAMSUNG 32"
LCD TV



How to enter

ENTER ONLINE:

At www.topevents.co.za (for enquiries, contact Top Events: 021 511 7130 or email info@topevents.co.za).

Closing date for online entries: Midnight on Sunday 28th February 2016.

Entries will be accepted on race day.

Entry fees

1. Licensed Seniors - R40.00
2. Unlicensed Seniors (includes temp license) - R65.00
3. Licensed Juniors 14-19 years - R25.00
4. Unlicensed Juniors (includes temp license) 14-19 years - R40.00

A 14% Service fee is charged when entering online.

Race rules

1. Run in accordance with the rules of ASA and WPA.
2. Open to all licensed and non-licensed runners of 14 years and older.
3. Two 2016 licence numbers to be displayed – on the front and back of the vest. No race numbers will be issued.
4. Temporary licenses to be displayed on the front of the vest.
5. 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.
6. Private vehicles may not follow the athletes on the route. No personal seconding will be permitted, except at official refreshment stations.
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 club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior. Age category tags will be available for purchase at registration and on race day.
8. Juniors (born from 1997 onwards) wearing junior or senior license must wear an age category tag to qualify for age group prizes.
9. All traffic officers and marshals must be obeyed.
10. Proof of age may be required for category prizes.
11. The race organisers reserve the right to accept or reject any entry.
12. Foreign athletes must comply with IAAF rule 4.2 and all relevant race and domestic rules. The athletes must be able to produce the letter from his/her federation permitting participation on race day.
13. The entry fee is non-refundable.
14. Kilometre markers will be placed along the route.
15. Refreshments stations will be situated approximately every 3km.
16. There will be a tog bag facility for use at athletes own risk. Cell phones, money & jewellery are not to be left in tog bags. No bag tag, no bag. Organiser will not be held reasonable for any loss or damage of items.
17. Prize-Giving will take place at 19:45. All participants are encouraged to remain behind for the Lucky Draw.
18. Results will be available on www.wpa.org.za.
19. For safety reasons, the use of personal music players during the races is strongly discouraged. Any person using such a device in contravention of IAAF Rule 144.2B who fails to obey a reasonable instruction from a race official may be disqualified and will not be eligible for individual or team prizes.
20. Race cards must be completed before the race, kept in the athletes possession at all times during the race and placed in the finish board at the end of the race. No card – no result.
21. Official cut off time is 1 hour 30 minutes (20h00)

Prize money for men & women

	14-19	OPEN	40-49	50-59	60+
1ST	R 250	R 1 000	R 600	R 400	R 300
2ND	R 150	R 600	R 300	R 200	R 150
3RD	R 75	R 250	R 150	R 100	R 75
TEAM PRIZES (OPEN): MEN & WOMEN 4 X R150					



WESTERN PROVINCE ATHLETICS

Race flyers and results

www.wpa.org.za

wpa-subscribe@yahoogroups.com



Atlantic Athletic Club
www.atlanticathletic.co.za

