

Start Times	30km Race and 2 x 15km Relay	06h00
	5km Fun Run/Walk	06h30

Entry Fees	30km: Licensed runners	R50
	Plus temp Licence fee for non licensed runners	R25*
	2 x 15km Relay: per team (or R30 per member)	R60
	Plus temp licence fee for non licensed runners)	R15*
	5km fun run/walk	R15

*Join Atlantic Athletic Club at a special introductory subscription of R160 (normally R200). Includes ASA licence for all 2010 races.

Registration	The Glen Country Club , Maidens Cove, Victoria Road, Clifton, Sunday 10th January 2010 from 05h00 OR Sportmans Warehouse , Rondebosch, on Saturday 09th January 2010 from 10h00 to 13h00
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Start	Maidens Cove , Victoria Road, Clifton.
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Finish	Sports Field in front of La Med , Glen Country Club.
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Relay Change over	15km marker board at the Harbour, Hout Bay. Parking and toilet facilities available. Runners to arrange own transport. Go through early to avoid congestion. Parking at Old Yacht Club. Please do not park on the road.
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Tog Bags	Tog bag facility at Start/Finish only. Please note: organisers will take reasonable care but no responsibility is accepted for loss or damage. Do not leave valuables or cash in your tog bag!
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Enquiries	Herbie Rehder 082 768 1537
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Prize Giving	10h00 on the field in front of La Med, followed by a lucky draw.
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Showers	At Maidens Cove Tidal Pool and on the deck at La Med. Please do not use showers at the Glen Country Club.
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Race information & Rules

30km Road Race

- Licensed runners must wear club colours and 2010 licences (front and back)
- Runners will only be eligible to win an age category prize in the category they enter and if they wear the correct age category tag (front and back). Older runners may enter a younger age category down to Senior.
- Temporary licensed runners must wear both licences (front and back). Runners with temporary licences are eligible for age category prizes provided they wear the correct age category tags (front and back) and provide proof of age.
- Runners must carry their entry cards for the duration of the race.
- Club colours must be worn to qualify for team prizes.
- Minimum age: 18 years on race day.
- Seconding will not be allowed.
- The CUT-OFF time is 4 hours at 10h00.
- For safety reasons runners must run on the ocean side of the coast road between Camps Bay and Llandudno, both out and back, unless otherwise directed by the marshals. Runners who fail to comply with this rule will be disqualified.
- Runners who enter the relay and the 30km event must wear their 2010 licence number under the relay bib on the front of their vests and remove the bib before entering the finish. Their partners must finish in the relay lane. This ensures accurate results.

2 x 15km Relay

- Licensed runners must wear club colours as well as the **special relay number** on the **front** of their vests and a 2010 licence number on the back.
- Temporary licensed runners must wear the **special relay number** on the **front** of their vests and the temporary licence on the back.
- The relay handover is by touch (no batons) and must take place in the designated area at the 15km mark for the main race at The Harbour, Hout Bay.
- Minimum age for entrants: 15 years on race day.
- Runners who finish the second leg of the relay will receive two medals (first 275 teams only).
- The relay team members may belong to different clubs.
- The CUT-OFF time is 4 hours at 10h00.
- For safety reasons runners must run on the ocean side of the coast road between Camps Bay and Llandudno, both out and back, unless otherwise directed by the marshals. Runners who fail to comply with this rule will be disqualified.
- Second leg runners must finish in the demarcated RELAY LANE and not the 30km race finish lane.
- Handing in of cards is essential.
- Split times will be recorded at the change-over.

5km Fun Run/Walk

- No licence is necessary.
- Non-cash prizes and spot prizes will be awarded at the finish.
- The course will follow the first 2.5km of the main race to Bakoven before doubling back to finish on the field in front of La Med.
- Entrants must be over 9 years of age on the day of race.
- Medals will be awarded to the first 150 finishers.

For updates and results visit: www.atlanticathletic.co.za



Please do
not litter

DROP SACHETS & CUPS
ONLY AT THE TABLES