

Co-Sponsors: Green Network & BothaRoodt Market Agency

POTATO RIDE

**Qualifying race for
COMRADES**

2016

Wilge Marathon

Date:

30 April 2016

Start:

**G.J. Human
Sports Grounds,
Frankfort
at 07:00**

Distance:

42.2km

21.1km

10km



S27°16'42.7"

E28°30'4.5"

- **Race takes place along the Wilge River, 80% gravel road**
- **Free Gifts for 42.2km and 21.1km!**
- **Entry Forms on request at ngkfft@telkomsa.net or 058 813 1487**
- **Emergency no: Christoff Jacobs 082 561 2982
Anita Oberholzer 071 382 7219**

Medals for everyone who finish the race

Rules:

1. Club athletes dressed in club colours, must wear an official ASA 2016 Licence number. Numbers to be worn 1 in front and 1 at the back of vest.
2. Temporary number to be worn at the back sold for R30.
3. Age restriction: Min age- 42.2 km- 20y; 21.1km- 16y; 10km-14y.
4. All marshals, traffic authorities and traffic rules must be obeyed- failing to do so may lead to disqualification.
5. Check points on route. (Keep left at all times). In case of an emergency report to the next water point.
6. All walkers, runners participate at their own risk.
7. Due to the nature of the course no wheelchairs, prams, blades, animals, cyclists or mechanically operated devices are allowed.
8. Age category tags must be worn on the front & back to qualify as category winner.
9. Race Number or Entry tickets must be completed in full, if not athlete will be disqualified from the race and will not receive a Medal or Prize money. An emergency number of family member must be completed.
10. Proof of age must be provided on race day- if requested.
11. The organisers reserve the right to return any entry not in keeping with the spirit of the race.
12. All winners need to attend the prize giving. 42km - 12:30, 21km - 10:30, 10km - 09:30
13. The decision of the organization will be final and no correspondence will be entered into.
14. Foreign athletes competing for prize money must produce a clearance certificate from their national bodies to compete in SA handed in, to the organisers before the event start.
15. The race is run according to the rules of IAAF and ASA and AFS.



