



GPS: 34° 01' 10.23" S 18° 26' 50.24" E



Presented by: The Pinelands Athletic Club

For more information please call Pierre at 082 654 3702 or visit
www.pinelandsathleticclub.co.za / www.topevents.co.za



HOHENORT 15km Road Race

Run in memory of Dave Spence

Presented by: The Pinelands Athletic Club

SAT 14 JANUARY 2012

Constantia Community (Alphen) Centre
Constantia Main Road, Constantia at 06:00

R1.50 of every entry fee will be donated to Woodside Special Care Centre

Enter on line at www.topevents.co.za

**Lucky draw prizes include two pairs of Asics shoes
and Totalsports vouchers**

**A pair of quality running socks and a
2012 race calendar to the first 1 800 finishers**



PRIZE MONEY

Men				Women			
Age categories	1	2	3	Age categories	1	2	3
Juniors (15-19)	R 250	R 200	R 150	Juniors (15-19)	R 250	R 200	R 150
Open	R 500	R 300	R 200	Open	R 500	R 300	R 200
40-49	R 300	R 250	R 200	40-49	R 300	R 250	R 200
50-59	R 250	R 200	R 150	50-59	R 250	R 200	R 150
60+	R 250	R 200	R 150	60+	R 250	R 200	R 150
Open mens team	4 x R 150			Open womens team	4 x R 150		



WOODSIDE SPECIAL CARE CENTRE

Woodside SCC is an NGO situated in Rondebosch East, Cape Town, South Africa. After a phenomenal 33 years Woodside Special Care Centre is still the leader in providing excellent care to intellectually disabled children and young adults as well as their families.

The service levels at Woodside SCC are top notch and comprises of in house therapeutic activities such as physiotherapy, occupational therapy, self-help skills, 24 hour professional nursing as well as respite care to parents with children who are intellectually and physically disabled.

At Woodside we believe it is our duty to make the public aware of the plight of our children. Woodside Special Care Centre really has a unique story which can only be told in many unspoken words when you walk through the wards and realise that these children will never be able to run and play, kick a ball or comprehend. They have had such a sad start in life as many of them were born with irreversible brain damage.

Our Centre is located on the cnr of Seventh Avenue and Lawson Roads, Rondebosch East, Cape Town, South Africa.

If you would like to know more about our services or make a donation, please contact our General Manager – Cathy Levendall 021 696-2811 at info@woodside.org.za www.woodside.org.za

RACE INFORMATION

1. Enquiries – Pierre Cloete 082 654 3702.
2. Enter on the day from 04h45 to 05h45, alternatively enter on line at www.topevents.co.za until 11 January 2012.
3. Race starts and ends in the parking area of Constantia Community Centre.
4. Tog bag security will be provided.
5. Licensed athletes entry fee is R40.00. Unlicensed athletes R40.00 + R15.00 for temp licence. Junior entry fee R15.00. Unlicensed athletes R15.00 + R10.00 for temp licence.
6. Social walkers welcome. Walkers to start at the back and to keep to the side of the road.

ENTRY RULES

1. The race is run according to the rules of ASA & WPA.
2. Runners must obey traffic officers, race marshals and race officials at all times.
3. Nobody under the age of 15 years may participate.
4. No personal seconding permitted except at official refreshment stations.
5. The time limit is 2 hours 15 minutes. Cut off 08h15.
6. Temporary runners to wear plain clothing, no advertising.
7. Entry cards must be carried throughout the race and handed in at the finish.
8. Entry cards will be exchanged for a pair of socks and a race calendar to first 1 800 finishers.
9. Water and Coke will be available along the route and at the finish.
10. Entrants participate at their own risk.
11. Prize giving will be soon after 08h30.
12. 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.
13. 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.
14. Juniors born 1993 or later, must display age tags "J" to qualify for age group prizes. Juniors will count towards Open team prizes.
15. 2012 Licences must be worn front and back of vest and Club colours must be worn to qualify for team prizes.
16. Eats and refreshments will be on sale.
17. R1.50 of each entry fee will be donated to Woodside Special Care Centre.

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