



RED HILL 2012

Presented by **FISH HOEK ATHLETIC CLUB**
and **CAPESTORM**



Saturday 21 January 2012
starting at 06h00 at Fish Hoek Athletic Club

Distance	Licensed Athletes	Unlicensed Athletes
36.2 km	R70.00	R95.00
42.2 km	R70.00	R100.00

Enter online at www.enteronline.co.za

(Closing on 15th January 2012)

Registration / Late entries at:

CAPESTORM WYNBERG	from 14h00 - 20h00	Thursday 19 JAN
FISH HOEK ATHLETIC CLUB	from 18h00 - 21h00	Friday 20 JAN
FISH HOEK ATHLETIC CLUB	from 05h00 - 05h45	Saturday 21 JAN

Official cut-off for both races is 5 Hours

*** Spot Prizes Including R6000  Vouchers ***

(Run in accordance with the rules and regulations and under the auspices of ASA and WPA)
POWERADE LEAGUE RACES

CHAMPAGNE & CRAYFISH TO THE FIRST MAN AND WOMAN TO THE TOP OF RED HILL WHO
COMPLETES EITHER RACE

Enquiries

Fish Hoek Athletic Club - Ph: 021 785 2581 after 6pm on Tues, Wed or Fri
or Kim Jenkinson-Wright (Race Director) on 082 799 6785 or race@fishhoekac.com

ALSO: A 5km FUN RUN at 7am

Cost: R15.00 organised by
BAY PRIMARY SCHOOL
Tel: 021 782 2065

MEDALS TO ALL FINISHERS!



MEDALS

The first 1500 runners to cross the finish line within 5 hours receive medals.
Gold Medals to first 5 Men and first 5 Women in each race.
Silver to the next 10 runners in each race.
The balance of medals are bronze.

Age Category Prizes for Men and Women in both, 36.2km Classic and 42.2km Marathon races.

Cash prizes for Men & Women	1st	2nd	3rd
Open	R400	R300	R200
40 - 49	R300	R200	R100
50 - 59	R200	R150	R100
60 - 69	R100	R75	R50
70yrs+	R100	R75	R50
Open Team Prize (x4 runners)	R150 per runner		

ROUTE

Both races will proceed from Fish Hoek AC, through Sun Valley, along Kommetjie Road to Kommetjie, up Slangkop, through Misty Cliffs and Scarborough to the Perdekloof intersection. The 36.2 km Classic will fork to the left up Red Hill. The Marathon will fork to the right and do a 6 km loop towards Cape Point returning to the Perdekloof intersection where it re-joins the Classic up Red Hill. Both races are then run over Red Hill, down towards Simonstown Main Road and back through Glencairn to Fish Hoek where it follows the Kommetjie road back to the FHAC.

PERMANENT NUMBERS

If qualifying for a permanent number in this year's race (after completing 9 Red Hills), please send us a note to be received by 10 January 2012, listing your name, address, telephone, club and the years and approximate finishing times. No application for Permanent Numbers will be considered on the day. The Address is **FISH HOEK ATHLETIC CLUB, PO BOX 22059, FISH HOEK, 7975** or email race@fishhoekac.com

General Rules & Information

- * Medals to first 1500 runners to finish in sub 5 hours.
- * Cut off for both races is 5 hours. All runners must be off the road by 11h00.
- * Prize giving for both races will start at 11h00.
- * The 42.2km Marathon is a qualifier for the 2012 Two Oceans and Comrades if completed within the qualifying time set for those two races.
- * Free entry to all Great Grandmasters (70+) – proof of age may be required.
- * Open to all athletes 20 years and older on race day.
- * Results will be sent to all clubs.
- * Tog Bag security will be available.
- * Runners must be present at prize-giving for any Spot prizes.
- * Red Hill Classic & Marathon are run in accordance with the rules and under the auspices of WPA and ASA.
- * There will be different coloured race numbers for each race.
- * The marshals at the Perdekloof intersection and at the Finish will direct the runner along the applicable route / Finish tunnel in accordance with the colour of their race number.
- * All runners undertake to participate at their own risk and the sponsors and organisers will not accept any liability for any injury, illness or accident occurring during or as a result of the race.
- * All participants must wear the allocated race number on the front and a valid 2012 permanent or temporary licence number on the back of their vests.
- * 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 runner's club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- * Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear appropriate age tags and provide proof of age.
- * Full Club Colours are to be worn to be eligible for team prize.
- * Participants must be in possession of FHAC stamped race entry cards at all times and medals will only be issued on presentation of the entry card at the completion of the race.
- * All athletes to run on the right hand side of the road unless otherwise directed by marshals or traffic officials. The instructions of Traffic Officers and Marshals must be obeyed at all times.
- * No personal seconding will be permitted, except at official refreshments stations.

Any Runner guilty of tossing cups or water sachets anywhere else but on a tarred road might be disqualified. If rubbish bins are out of reach then please assist us by carrying empty sachets and cups to the next waterpoint. PLEASE HELP US KEEP THIS A CLEAN RACE.

