

Discovery **FIRGROVE** Vitality **CHALLENGE** 01 FEBRUARY 2025

Start times:
21km 05H45 **10km walk 06H05**
10km 05H55 **5km fun run 06H15**

ENTRY FEES

- LICENSED ATHLETES FOR 21KM ENTRY FEE IS R190 INCLUDING TIMING CHIP.
- LICENSED ATHLETES FOR 10KM IS R130 INCLUDING TIMING CHIP.
- LICENSED JUNIOR ATHLETES FOR 10KM ENTRY FEE IS R80 INCLUDING TIMING CHIP.
- UNLICENSED ATHLETES FOR 21KM ENTRY FEE IS R285 WHICH INCLUDES A TEMPORARY LICENSE AND TIMING CHIP.
- UNLICENSED ATHLETES FOR 10KM ENTRY FEE IS R190 WHICH INCLUDES A TEMPORARY LICENSE AND A TIMING CHIP.
- UNLICENSED JUNIOR ATHLETES 10KM ENTRY FEE IS R120 WHICH INCLUDES A TEMPORARY LICENSE AND A TIMING CHIP.
- 5KM ENTRY FEE IS R90.00 INCLUDING TIMING CHIP. ENTER ONLINE AT [HTTPS://RACEPASS.COM/ZA/RACES/SPARTAN-HARRIERS-FIR-GROVE-CHALLENGE](https://RACEPASS.COM/ZA/RACES/SPARTAN-HARRIERS-FIR-GROVE-CHALLENGE)

ENTRIES CLOSE MIDNIGHT ON 23RD JANUARY 2025.

THIS IS A CARRY-YOUR-OWN WATER CAMPAIGN

THERE WILL BE FIVE WATER REFILL STATIONS ON THE COURSE AND COCA-COLA AT 8KM, 12KM, 15KM AND 18KM MARKS ON THE 21KM COURSE. COCACOLA WILL BE AT THE 4 AND 7KM MARKS ON THE 10KM COURSE. THERE WILL BE NO WATER SACHETS!

EVENT T-SHIRTS

WILL BE SOLD ONLINE AT R250.00

RACE INFORMATION AND ORGANISATION ENQUIRIES - EMAIL SUPPORT@RACEPASS.COM

- THIS IS A PRE-ENTRY RACE ONLY. ENTER ONLINE AT RACEPASS.COM UNTIL 23RD JANUARY 2025.
- CUT-OFF TIME IS 3 HOURS 30MINS FOR THE 21KM AND 2 HOURS FOR THE 10KM.
- DISCOVERY VITALITY WILL BE ALLOCATING VITALITY POINTS TO ENTRANTS BASED ON A CERTIFIED FINISHING TIME, NAMELY 1500 VITALITY POINTS FOR THE 21KM, 600 VITALITY POINTS FOR 10KM AND 300 VITALITY POINTS FOR THE 5KM.
- TEAM VITALITY CLUB MEMBERS ENJOY ACCESS TO THE TEAM VITALITY VIP HOSPITALITY TENT AFTER THE RACE TO RELAX, REFUEL AND ENJOY A WARM SENSE OF COMMUNITY.

ENTRY RULES

- THE RACE IS RUN ACCORDING TO THE RULES OF ASA & WPA.
- RUNNERS MUST OBEY TRAFFIC OFFICERS, RACE MARSHALS, RACE OFFICIALS AT ALL TIMES.
- NOBODY UNDER THE AGE OF 16 YEARS MAY PARTICIPATE IN THE 21KM RUN AND UNDER THE AGE OF 14 YEARS IN THE 10KM.
- NO PERSONAL SECONDING PERMITTED EXCEPT AT OFFICIAL REFRESHMENT STATIONS.
- ONE RACE NUMBER (BIB) WILL BE ISSUED. REGISTERED ATHLETES MUST WEAR THEIR ASA LICENCES ON THE FRONT AND BACK OF THEIR VEST. THE RACE NUMBER MUST BE WORN ON THE FRONT OF THEIR VEST, PARTIALLY COVERING THE ASA LICENCE, SO THAT THE ASA LICENCE SPONSOR REMAINS VISIBLE. TEMPORARY LICENCE RUNNERS MUST WEAR THE RACE NUMBER ON THE FRONT OF THEIR VEST AND THE TEMPORARY LICENCE ON THE BACK.
- AGE CATEGORY TAGS MUST BE WORN (FRONT AND BACK) AND VISIBLE FOR THE ENTIRE RACE TO BE ELIGIBLE FOR ANY AGE CATEGORY PRIZE INCLUDING JUNIORS.
- TEMPORARY LICENSED RUNNERS TO WEAR PLAIN CLOTHING, NO ADVERTISING.
- THE USE OF MUSIC PLAYERS WITH HEADPHONES IS NOT ALLOWED AND MAY RESULT IN DISQUALIFICATION.
- DO NOT LITTER. DISPOSE OF ANY REFUSE OR CUPS RESPONSIBLY USING THE BOXES PROVIDED OR CARRY THEM TO THE FINISH. REPORT OFFENDERS TO THE REFEREES.
- THIS EVENT SUPPORTS THE CARRY YOUR OWN CAMPAIGN. THERE WILL BE FIVE WATER REFILL STATIONS ON THE COURSE AND COCA-COLA AT 8KM, 12KM, 15KM AND 18KM MARKS ON THE 21KM COURSE. COCA-COLA WILL BE AT THE 4 AND 7KM MARKS ON THE 10KM COURSE. THERE WILL BE NO WATER SACHETS!
- PARTICIPANTS IN THIS EVENT DO SO AT THEIR OWN RISK AND RELEASE AND DISCHARGE THE ORGANISERS, SPONSORS, PROVINCIAL AND NATIONAL ATHLETICS BODIES AND ALL PERSONS ASSISTING IN STAGING THE EVENT FROM ANY RESPONSIBILITY, LIABILITY OR COSTS RELATING TO ANY INJURY, LOSS OR DAMAGE OF WHATEVER NATURE, HOWEVER CAUSED, ARISING DIRECTLY OR INDIRECTLY FROM THEIR PARTICIPATION IN THE EVENT.
- DETAILED RULES ARE AVAILABLE ON WWW.WPA.ORG.ZA OR ON REQUEST FROM THE ORGANISERS OR THE WPA OFFICE.
- WHEELCHAIR ATHLETES MUST PLEASE CONTACT THE ORGANISERS TIMEOUSLY TO DISCUSS ARRANGEMENTS FOR THEIR PARTICIPATION.

PRIZE GIVING AND PRIZES

- 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 TAGS WILL BE AVAILABLE AT THE REGISTRATION POINTS AND DIRECTLY FROM WP ATHLETICS
- 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.
- JUNIORS BORN 2006 OR AFTER, MUST DISPLAY AGE TAGS 'J' TO QUALIFY FOR AGE GROUP PRIZES.
- PRIZE GIVING WILL START AT 09:15
- PRIZES WILL BE PAID BY EFT AFTER THE RACE
- MEDALS TO ALL FINISHERS

	1st	2nd	3rd
Open	2600	1400	850
40-49	900	600	450
50-59	800	500	400
60-69	800	500	400
70+	800	500	400

	1st	2nd	3rd
Open	900	500	300
Junior	500	300	200
40-49	500	300	200
50-59	500	300	200
60-69	450	300	200
70+	450	300	200

	1st	2nd	3rd
Open	800	450	250

NUMBER COLLECTION

WEDNESDAY 29 JANUARY 10H00-18H00
SPORTSMANSWAREHOUSE SOMERSETWEST

THURSDAY 30 JANUARY 10H00-18H00
SPORTSMANSWAREHOUSE TYGERVALLEY

FRIDAY 31 JANUARY 10H00-1800
SPORTSMANS WAREHOUSE RONDEBOSCH

NO COLLECTIONS WILL TAKE PLACE ON RACE DAY EXCEPT WITH PRIOR ARRANGEMENT.

COMPULSORY DISPOSABLE TIMING CHIP

YOUR TIMING CHIP HAS BEEN PLACED ON THE FRONT OF YOUR RACE NUMBER. THE RACE NUMBER MUST BE WORN ON THE FRONT OF YOUR VEST AND VISIBLE AT THE FINISH LINE. THERE IS A FOAM BACKING ON THE BACK OF THE RACE NUMBER. PLEASE DO NOT REMOVE THE TIMING CHIP AND FOAM STRIP FROM THE RACE NUMBER - DOING SO WILL RESULT IN NO FINISH TIME. FOR SAFETY AND TIMING PURPOSES, ONLY THE PERSON ASSIGNED TO THIS RACE NUMBER MAY USE IT. FOR ALL RESULTS OR RESULTS QUERIES PLEASE EMAIL:

SUPPORT@FINISHTIME.CO.ZA

WWW.DISCOVERY.CO.ZA/VITALITY/RUNSERIES

ONLINE RESULTS INCLUDING FINISHERS CERTIFICATE VISIT WWW.FINISHTIME.CO.ZA EMAIL SUPPORT@RACEPASS.COM FOR ENTRY QUERIES.

BY ENTERING THIS RACE AS A VITALITY MEMBER, YOU HEREBY AGREE TO SHARE THE RELEVANT PERSONAL INFORMATION WITH DISCOVERY VITALITY (PTY) LTD.

FOR FURTHER QUERIES NOT RELATED TO ENTRIES AND TIMING PLEASE CONTACT: RACEDIRECTOR@SPARTANHARRIERS.CO.ZA

