



**HELDERBERG  
HARRIERS**



This race will make a donation to the  
Helderberg Stroke Support Group



# SPOOKHILL CHALLENGE

**15km SPOOKHILL CHALLENGE  
5km FUNRUN**

Start & Finish at Beaumont Primary School, Somerset West  
Entries are limited to 2000 Runners

**SATURDAY 18 JUNE | 08:00**

**ENTER ONLINE AT**

Free Shirt to first 20 Entries on 15km!



**Cashless SNAPSCAN  
entries on race day**

COLLECTIONS FROM TimBuild ON FRIDAY 17 JUNE

Spookhill is a section of Parel Valley Road in Somerset West, where, if you switch your car off it appears to run up the hill instead of moving downhill. It has generated much discussion as to whether this apparent phenomenon is an optical illusion due to magnetism, or just one of the world's great unsolved mysteries!

## 15km CHALLENGE

**START TIME - 08:00**

- Medals to all finishers within 2:30 cut-off time
- Age limit: 15 years or older on race day
- For category prizes: Age tags must be worn (front & back)

**COST**

- R110 (licensed runner)
- R160 (unlicensed runner)
- Free entries for runners over 70
- *Wheelchair athletes must contact the organisers*

## 5km FUN RUN

**START TIME - 08:15**

- Medals to all finishers within 2 hour cut-off time
- Children under 9 years must be accompanied by an adult
- Participants must display Fun Run entry cards at the finish to receive medals

**COST**

- R30



## PRIZE-GIVING & LUCKY DRAW at 10:15

Men & Women	Open	40-49	50-59	60-69	70 plus	Junior 15-19
1st prize	R 1,700	R 800	R 400	R 400	R 400	R 400
2nd prize	R 1,000	R 400	R 200	R 200	R 200	R 200
3rd prize	R 500	R 200	R 150	R 150	R 150	R 150

**1st man & woman under route record  
500 each**

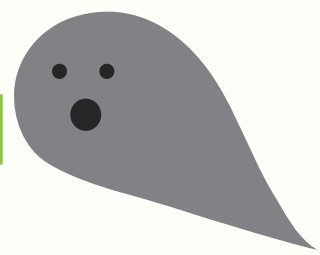
**TEAM PRIZES (total time)**  
Open men: 4 x R200  
Open women: 4 x R200

**King & Queen of the mountain**  
will receive R300 each  
(must complete race within time)

Route Record: Men 46:43 (Greg Liefeldt) Women 54:28 (Frith v.d. Merwe)

**CONTACT: [spookhill@helderbergharriers.co.za](mailto:spookhill@helderbergharriers.co.za)**

**This is a #CarryMyOwn race and is plastic-free. NO SACHETS WILL BE SUPPLIED! Bring your own reusable water bottle or cup to refill at our well stocked Water stations**





# SPOOKHILL CHALLENGE

## HELDERBERG HARRIERS



### GENERAL INFORMATION

- Tog bag security facilities will be provided at own risk. (Please ensure that your bag is clearly labelled)
- Helderberg Harriers and WPA do not take responsibility for lost or stolen items.
- Refreshments will be on sale after the race.
- Eco-Friendly Medals to all finishers within cut-off times.
- Coke & water will be available at the finish.
- A limited amount of cups will be supplied but we **encourage all runners to carry their own cups or small bottles that can be refilled at each station.**
- **THERE WILL BE WATER STATIONS AT REGULAR INTERVALS BUT NO PLASTIC SACHETS.**
- Remember to #RunGreen #RunClean #IcarryMyOwn
- No Littering Please. Runners are to use all bins provided at the water stations. Runners are required to dispose of their litter within a "designated area".
- Athletes who dispose of cups or other litter outside of these designated areas shall be guilty of an offence and liable to a warning and/or a fine.

### RULES

- Licensed athletes must wear 2022 licences on their vests, front & back.
- Entry cards must be in runners' possession during the race and handed in at the results board at the finish.
- All entrants must be 15 years or older on the day of the race.
- In the 5km FunRun Children under 9 must be accompanied by an adult.
- Time limit for the race is 2 hours and 30 minutes
- Age category tags (e.g. 40 / Junior) must be worn on the front and back of the vest, if runners wish to be eligible for category prizes. Runners should enter the age category corresponding to their chronological age, but may enter a younger category down to senior.
- Temporary licensed runners 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 2003 or later) wearing a senior or junior licence must display category tag (J) to qualify for age group prizes. Juniors will count towards open team prizes.
- CLUB COLOURS must be worn to qualify for TEAM PRIZES.
- Runners must obey marshals/traffic officials.
- The organisers, sponsors and WPA accept no responsibility for any accident or injury resulting from participation in this event.
- No personal seconding will be permitted except at official refreshment stations.
- The use of music players with headphones is not allowed and may result in disqualification
- No race numbers will be issued. All registered athletes must wear two valid licence numbers. Unregistered participants must purchase a Temporary licence which must be worn on the front of the vest.
- Temporary licences will be available at registration. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete.
- Do Not Litter. This is a MODERN ATHLETE#RunClean and #CarryYourOwn event. Dispose of litter responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees.
- Water will be available at the refill stations.
- Detailed rules are available on the [www.wpa.org.za](http://www.wpa.org.za) website or on request from the organisers or the WPA office.

