

# ORAK

## 12 HOUR RACE

### VREDENDAL

**Saturday, 29 June 2019**

**Organised by Olifantsriver Athletic Club**  
In accordance with the rules of ASA and WPA

**ENTRIES LIMITED TO 200**

Closing date: 22 June 2019

Enquiries: Gerrie Cilliers 0836500642  
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# RULES & INFORMATION:

1. The race will take place on Saturday, 29 June 2019 at the Vredendal Sportsground. Starting time = 06:00.
2. Individual 12-hour race = R280
3. The time limit for the ultra is 12 hours. You must retire at 18:00 wherever you are.
4. Pre-entries only. Enter online [www.orak.co.za](http://www.orak.co.za). Limit = 200 athletes only. Entries close on 22 June 2019.  
Account details: Olifantsriver Athletic Club, FNB, Acc.# 54150015815, Code: 200406
5. Entry fees are not refundable, unless entry is rejected by organisers.
6. You must collect your race number at Vredendal Sportsground on Friday, 28 June 2019 from 18:00 till 20:00 or on Saturday, 29 June 2019 from 05:00 - 05:45. 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 the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
7. **All** runners are required to attend the important briefing session on Saturday, **29 June at 05:45**.
8. There will be one refreshment station along the 1km lap. (Coke, water, Powerade, fresh fruit, bread, chips, sweets, ect.)
9. All entrants must be 20 years and older.
10. Social walkers are also welcome.
11. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
12. Tog bag facilities will be provided at own risk at the start/finish for those needing it. Please do not leave any valuables in the tog bag. ORAK and WPA will not be liable for any losses that may arise.
13. Toilets on the sportsgrounds will be accessible to athletes throughout the race.
14. Medical facilities will be available to attend any emergencies. A participant shall withdraw if instructed to do so by the appointed medical staff.
15. Medals: 30km = bronze, 60km = silver, 80km = gold. All finishers will receive their medals at the prize giving.
16. The official prize giving function will be held at the Vredendal Sports Hall at the Sportsground from 19:00.  
The prize giving will include a meal to all competitors. Family & friends can join @ R100 pp.
17. The only official lap scores and times will be recorded by the referees and timekeepers. In the event of a query or dispute, please talk to the Chief Referee.
18. Permanent numbers will be awarded for: 3 time winners or 5 times finishers.
19. Records: Men: Doneville Vries = 128km (2018) Women: Martha Pretorius = 110,7km (2014)
20. No vehicles, caravans, trailers or open fires will be allowed on the field. Tents and gazebos may be erected only in the spaces provided on the grass. General refreshments will be on sale for supporters and the public.
21. Please note that the sportsground is a licensed area. No one may bring their own alcohol along. Please support the pub on the sportsground.
22. Prize money: Overall winner in both men and ladies category = R1250. Second place = R750, Third place = R500.  
Winner men and woman in age category 40 - 49, 50 - 59, 60 - 69, 70 - 79, 80 - 89 = R250 each  
Team prizes: Men = 4 x R250 and Ladies = 3 x R250 New record = R250  
Club prize: Club with the most participants will receive a hamper of wine products.  
Club colours are optional but full colours (correct vest and shorts) must be worn to qualify for team prizes.  
Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
23. The use of music players with headphones is not allowed and may result in disqualification.
24. Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the Finish. Report offenders to the referees. #RunClean.
25. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
26. For more info contact Gerrie Cilliers at 0836500642 or 027 2134577 (A/H) or e-mail to [gerriecil@telkomsa.net](mailto:gerriecil@telkomsa.net)
27. For accomodation, contact the following:  
Tharrakamma Gastehuis 027 2135709  
Voorsorg Gastehuis en Selsorg 027 2132243  
River Lodge 027 2131695  
Belle Ombre Gastehuis 027 2133337  
Katmakoep Gastehuis 027 2134458  
Vredendal Karaavaanpark 027 2013496 / 0764596901  
Vredendal Tourism 027 201 3376
28. For accommodation in the hostel see detail at the bottom of entry form. Also contact the organiser.

***TIMING AND RESULTS BY ERIC WRIGHT***

***THIS EVENT IS RUN IN ACCORDANCE WITH THE RULES OF ASA AND WPA.***