



39th Road Race & Fun Run

SPOOKHILL

CHALLENGE

HILL

29 June 2019

Spook Hill 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!

JOIN US FOR A FUN DAY OUT ON THE ROAD

This is a **#CarryMyOwn** race and is plastic-free. **NO SACHETS WILL BE SUPPLIED!** Bring your own reusable waterbottle or cup to refill at our water tables en route.

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

15km Road Race

START TIME: 08:00

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

COST R80 (licensed runners)
R130 (unlicensed runners)

5km Fun Run

START TIME: 08:15

- Eco-friendly 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 R20

- Free entries for runners over 70 years and older
- Wheelchair athletes must please contact organisers timeously to discuss arrangements

Route Record:

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

PRIZE-GIVING & LUCKY DRAW: 10:15

MEN & WOMEN	OPEN	40 - 49	50 - 59	60 - 69	70+	JUNIOR 15 - 19
1st Prize	R1000	R500	R300	R300	R300	R500
2nd Prize	R750	R350	R150	R150	R150	R350
3rd Prize	R500	R250	R100	R100	R100	R250
LUCKY DRAW PRIZES	1st Man & 1st Woman (under route record) R500 each		TEAM PRIZES (Total time) Open men: 4 x R150 Open women: 4 x R150		1st Man & 1st Woman reaching "HIGHEST HILL" (after ± 6km) R300 each (must complete race within time limit)	

R2 of every entry will be donated to the Distance 4 Difference charity. Your entry counts!

CLICK HERE TO FIND OUT MORE

CLICK HERE TO ENTER ONLINE

Quicket
EXPERIENCE AWESOME

Entries on race day from 6:30
Snapscan or Cash



helderbergharriers.co.za

Contact: spookhill@helderbergharriers.co.za



The race is run in accordance with the rules of ASA and WPA. All participants must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The race organiser reserves the right to accept / reject any entry received.