

CAPE TOWN FESTIVAL OF RUNNING 5 X 5KM ENTRY DETAILS

THIS RACE IS RUN UNDER THE AUSPICES OF W.P.A. & ATHLETICS SOUTH AFRICA. THE ASA AND IAAF RULES WILL GOVERN THIS EVENT

RULES AND INFORMATION

- Closing date for all pre-entries is 17 July 2017. Entry form with payments may be handed in at Two Oceans Marathon office: 15 Torrens Road on or before 17 July 2017. Online entries, which are preferable at www.capetownfestivalofrunning.org.za.
- The RELAY will start at 14h00 Saturday 22 July. The cut off is at 18h00 when team prizes will be awarded.
- To qualify for team prizes, a team must consist of 5 registered members of the same club, company or school. Proof of this may be required before prizes are issued. If a person runs for more than one team, then only the first team they run for shall be eligible to win prize money. Teams unable to comply with this rule may still participate, but will not be eligible for prizes and will compete in the Social section. Social teams only qualify for lucky draw prizes. This allows teams to consist of anything from 1 to 5 persons! All athletes in the team must be licensed (unless running socially). If people from different clubs want to make up a team they compete in the Social section.
- All participants in the Relay must be 12 years or older on race day, but younger children are allowed provided they are accompanied by an adult.
- Club/Company/School vest or outfit, with a visibly displayed Relay Number which will be issued, must be worn while running, on the FRONT of the vest or top on the upper body.
- Licensed club athletes and athletes whom purchased a temporary license at registration must wear their 2017 license number on the BACK. Runners with no license at the back will automatically run as a Social runner.
- Club juniors (born 1998 or later) wearing a junior or senior license, must display age tags ('J') to qualify for juniors age group prizes. Juniors must provide proof of age.
- Club junior teams competing for category prize money MUST consist of registered juniors and wear their age tags. 40-49 and 50+ Club teams competing for prize money must consist entirely of 40-49 or 50+ athletes and wear their age category tags. Open teams can consist of any runners of any age. Any mixed gender team will be classified as a male team for prize money purposes. Participants 50+ may compete in the 40-49 or OPEN categories. Juniors may also compete in the OPEN category.
- Companies and schools teams eligible for prize monies, will be required to produce acceptable proof of work or student status, before being awarded their prize monies.
- The NO MOBILE SECONDING rule will be enforced very strictly. No mobile seconds of any description will be allowed on the route. The STAND AND HAND rule will apply. Any transgressions will lead to disqualification.
- The team baton must be carried at all times. The baton and chip may ONLY be handed over in the DEMARCATED change over zone. Failure to do either will result in disqualification.
- REGISTRATION** Team Manager or Captain MUST collect their numbers, batons and timing chip (which will be loaned to you) and final written instructions during Registration on Friday 21 July from 14h00 to 20h00 in the Race Marquee. Registration on Race day 22nd July will be from 10h00 to 13h00. You must produce a print-out of your online entry, receipt for hand delivered entry, proof of payment, and details of all team members to register. Late entries may be taken during these times.
- ELECTRONIC CHIP TIMING:** Each team will be supplied/loaned an electronic timing chip. It and the baton needs to be returned to an appointed official by cut-off time at 18h00, or the captain will be held responsible for the replacement cost of R120. An Electronic Timing system will do lap recording. The chief referee shall be the final arbiter in resolving any dispute.
- An important Captain's or Manager's briefing will take place in the Marquee on the race day at 13h30.
- Final Team composition and order of runners MUST be submitted in **writing** at registration.
- There will be 2 refreshment stations along the 5km loop (+ 2.5km be apart). These will be stocked with Coke, water and Powerade.
- Ample space on the lawns near the main marquee is available for clubs and supporters to set up gazebos.
REFRESHMENTS – will be on sale to supporters and the public.
PARKING – NO Vehicles are allowed on the lawns at any time! Use public parking spaces in the surrounding area.
- No entry monies will be refunded, unless the organizers rejects an entry.
- The organisers reserve the right to adjust or reclassify the category of team during registration or for final results. They may also extend the cut-off date for entries at their discretion.
- Medals will be awarded to all members of team completing the relay. Gold, Silver Bronze medals are awarded to all the different categories of teams that are eligible to compete for prize-money: Clubs, Corporates, High and Primary Schools.
- Managers or captains of teams are to collect their awards in the marquee at 18h00.
- Tog-bag facility will be available at the marquee at own risk. No loose items will be accepted. DO NOT place/leave valuables in the tog-bag. The organiser will exercise vigilance, but will not be liable for any losses that may arise.
- A medical facility to deal with emergencies, will be available next to at the marquee.
- SAFETY:** for safety reasons, the use of personal music players with headphones during road races is not allowed. Any person using such device in contravention of ASA rule 30.10.6, may be disqualified and will not be eligible for individual or team prizes.
- All schools team members must be under the supervision of an adult, whose name must be furnished under/alongside that of the team captain or manager.

26. Prize Money (men and women)

OPEN	40-49	50+	JUNIORS	OPEN WALKERS	CORPORATE
R800	R500	R500	R500	R500	R500
R500	R300	R300	R300	R300	R300
R300	R200	R200	R200	R200	R200

NOTE: should any category have less than 4 participating teams that specific category prize money will be halved. Women's teams must consist of all women.

Men's teams may contain women. School teams must consist only of learners from that school. Corporate teams must consist only of employees of that company. High School and Club Juniors compete under "Juniors". Primary school athletes compete in the social category only.

PRIZE GIVING is at 18h00 in the Marquee

FURTHER EVENT ENQUIRIES:

Tel: + 27 21 799 3040

E-mail: info@ctforunning.org.za



Saturday 22 July 2017
Starting at 14h00

Pre-entries close on 17 July 2017



ENTER YOUR SCHOOL!

5 x 5km TEAM RELAY

Online at: www.capetownfestivalofrunning.org.za

ENTRIES OPEN 1ST JUNE





5 X 5km TEAM RELAY ENTRY FORM

SATURDAY 22 July 2017 start 14h00

OFFICIAL USE
Race No.

Please supply all information - Print clearly using block letters
(incomplete entry forms will be rejected).

Captain or Manager Surname

First name Intials

Gender M F Date of birth (see rules of entry)

ID Number

Address
 Postal Code

E-mail

Tel (work) Tel (home)

Cell

Name of Club, Company or School

Team Name:

Team Number if more than one e.g. two, three, four

School Teams: Primary High Boys Girls

Clubs select a category below by ticking with x or ringing the correct category of team:

Open men Open women 40-49 men 40-49 women Junior men

Junior women 50+ men 50+ women Open walkers men Open walkers women

Open Corporate men Open Corporate women Social

TEAM MEMBERS DETAILS to be handed in writing at registration:

- 1 Name and surname
- 2 Gender
- 3 Age (on race day)
- 4 License number (if applicable)

Online entries at www.capetownfestivalofrunning.org.za

Senior teams 18+ (inclusive timing fee) **R200**

Junior teams -18 (inclusive timing fee) **R150**

Voluntary donation to Community Chest R_____

Total amount paid R_____

Note: ASA or temp license (R25 Senior and R5 Junior) is required in order to qualify for prize money and can ONLY be purchased at registration. Social teams requires no license and will not be eligible for prize money. Hand delivered entries with payment at the Two Oceans Marathon Office, 15 Torrens Road, Ottery, Cape Town. Organisations with more than ONE team can make one total team payment by EFT to the account below.

DIRECT DEPOSIT/EFT BANKING DETAILS:

Bank: NEDBANK Southern Peninsula **Account name:** TOMI **Account no.:** 1118568710 **Branch code:** 123-209
Reference: ID number

CREDIT CARD or CHIPPED DEBIT CARDS

Mastercard/Visa Please debit my credit card in the sum of R

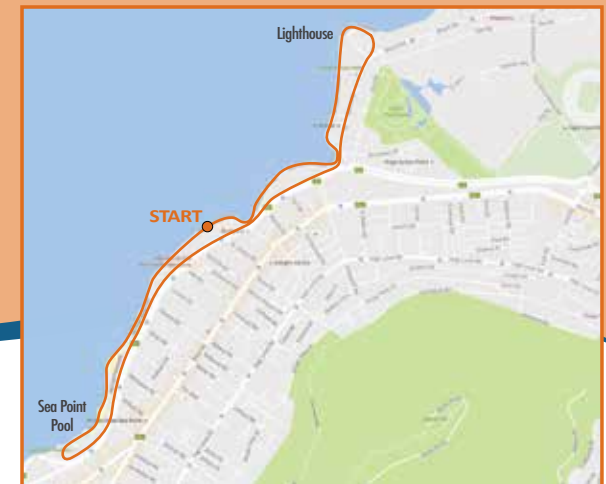
Credit Card No.

Exp Date CVV No. (last 3 digits on back of card)

Card holder's signature _____

TEAM RELAY ROUTE MAP

5 X 5km LAPS



WAIVER

I warrant that all information supplied by me is true and correct. Should I be entering on behalf of someone else I warrant that I am duly authorised to do so and am entitled to bind the participant to this agreement. I am in good health, physically fit and sufficiently trained to participate in and understand the risks associated with this mass participation endurance event. I agree to abide by the rules, conditions and regulations for this event, which includes the payment of all entry fees, which I accept will not be refunded if I choose not to participate in an event entered, for any reason. All entry fees are non-refundable and non-transferable under all circumstances, including, but not limited to, cancellation of the event or of the athlete's participation, or change in the date, nature, or format of the event. The event may be cancelled or changed due to severe weather or any other factors that may be deemed to threaten the safety of athletes, staff, or volunteers. I accept that in these circumstances the entry fee paid shall represent a reasonable cancellation fee and shall not be refunded to me. I accept that I enter and participate at my own risk and hereby fully indemnify the organisers of the Cape Town Festival of Running events, Athletics South Africa, Western Province Athletics, City of Cape Town, all sponsors and partners, volunteer groups, medical personnel, and any and all local authorities, from any direct or indirect loss or damage, however caused, arising from my participation in the event or related to the event, including pre-race and post-race activities. This waiver applies to my executors, heirs, administrators, assigns and myself. I undertake not to exhibit or wear any advertising material, logos or political slogans that are contrary to the rules of ASA and IAAF. I also grant my permission, in terms of Section 51 of the Electronic Communications Transactions Act 25 of 2002, to use my name, race information and photographs, video tapes, broadcasts and telecasts in which I may appear free of charge. I accept that my personal information will remain confidential and hereby consent to same being shared with the parties involved in the organisation of the event for purposes of medical care and / or promotion of activities related to the event.

Signature of Manager or Captain (Must be older than 18 years)

Date