

CAPE TOWN FESTIVAL OF RUNNING 100km & 50km 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 on or before 17th July 2017. Entry forms with proof of payments attached may be handed in at the Two Oceans Marathon office: 15 Torrens Road, Ottery on or before 17th July 2017. Online entrants will receive an immediate entry confirmation, all EFT or bank deposit entrants will receive confirmation once forms and proof of payment is received at the Two Oceans Marathon Office. Either send via fax to email number 086 644 3428 or drop off at 15 Torrens Road, Ottery. Online entries are preferable. Entry fees are not refundable under any circumstances.
- The 100km + 50km ultras will start on Saturday 22nd July at 07h00. The start is on the promenade at Sea Point, opposite SABC (next to the race Marquee) and finishes at the same venue at 22h00 (15 hours). The Cape Town 100km+50km are restricted to runners/walkers only. Wheelchair athletes with an accompanying wheelchair pusher, are required to submit a written application to the organisers. This application must be submitted no later than the final closing date.
- Your RaceTec timing chip must be laced onto one of your running shoes for the duration of the race. **NO CHIP, NO RESULTS, NO EXCEPTIONS!** The time limit for the 100km /50km ultra is 15 hours. You must retire at 22h00 where ever you are.
- All runners are required to attend the important briefing session on Saturday 22nd July at 06h30 in the Marquee.
- It is vital that you bring the printed race acknowledgement and receipt and proof of identity (e.g. ID document, passport, driver's licence, etc.) to registration. Minimum age to enter is 20 years old on race day. You must collect your Registration pack, Racetec Timing Chip (if ordered) and T-shirt (for those who qualify) prior to the race at the Registration Marquee, opposite the SABC building, Sea Point, Cape Town on Friday 21st July from 14h00 to 20h00 (**NO ENTRIES WILL BE TAKEN ON THE MORNING OF THE RACE**). If you are unable to collect your race pack, a third party can collect on your behalf with a printed copy of the entry acknowledgement as well as a letter of authorisation from the entrant. This letter needs to state both the entrant and the person collecting the race pack's ID number as well as the signature of both parties. The person collecting the race pack must have some form of identification. Runners may not claim their registration pack, Racetec Timing chip, T-shirt after registration closes. These will not be forwarded and no refunds will be given.
- There will be 2 refreshment stations along the 5km loop (+ 2.5km be apart). These will be stocked with Coke, water and Powerade.
- 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.
- Distances of less than 50k and 100km (in multiples of 5k) will be timed and recorded by official timers.
- 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.
- In terms of IAAF rules no personal sponsors patches/markings are allowed on any competitors clothing or person.
- For safety reasons the use of personal music players with headphones is not allowed. Anyone using them in contravention of ASA rule 30.10.6 may be disqualified and will not count for prize money.
- 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.
- Conveniently located portable and/or public toilets along the entire loop will be accessible to the athletes throughout the race. Please use these and do not foul any public area.
- A strict anti-litter rule will be applied throughout the race. Several clearly marked, cardboard litter bins will be located along the entire 5 km loop. Numerous public litter bins are also found along the entire route. Runners failing to use the bins will make themselves liable for disciplinary action from race officials and referees.
- A professional medical facility will be available at the start/finish area to attend to any emergencies.
- Every kilometre of the 5 km loop will be clearly signposted. See the route map inside leaflet, for details. It is flat and being at sea level is suited to PB's and records. Street lighting along the entire loop makes night running relatively safe.
- All successful finishers of the 100 km & 50 km ultra race will receive their medals shortly after finishing, pending referee's confirmation.
First 5 men and women finishers = GOLD, Rest = SILVER. Floating trophies will be awarded to the male and female winners of the 100 km event.
- The official Prize Giving function for Prize Money winners will be held in the MARQUEE at 11h30 on SUNDAY 23 July 2017. Please be punctual.
- The official lap scores and times will be recorded by Racetec. Efforts will be made to display a progressive/provisional set of results at regular intervals on the notice/results boards in the marquee. A provisional set of results will be displayed on a notice board in the Marquee on Sunday 23 July 2017 at the Prize Giving and official results will be available the following day.
- The 100km race is a 2017 WP Championships & Incentive race.



21. PRIZE MONEY

100 km	50 km
Open Men & Women	Open Men & Women
1. R2 500	1. R1000
2. R1 200	2. R 600
3. R 500	3. R 300

WPA 100km Championship Prize Money

WPA domestic rules apply if there are less than 4 athletes in a prize category.

Men and Women (WP registered athletes only)

R1000 plus Gold Medal

R750 plus Silver Medal

R500 plus Bronze Medal

Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

22. SA BEST TIME

Overall male BRUCE FORDYCE'S	100 km time of 6h 25m 07s
Overall female HELEN JOUBERT'S	100 km time of 7h 31m 47s

COURSE RECORDS

Overall male GRAHAM MEYER'S	100 km time of 7h 05m 36s
Overall female STYNTJIE PRINS'S	100 km time of 9h 01m 05s

WP 100KM RECORDS

Senior Men	6:46:10	Donovan Wright	2000
Veteran Men (40-49)	07:26:10	Zamani Spayer	1999
Master Men (50+)	11:13:29	Frans Weekers	2001
Senior Women	7:44:38	Charlotte Nobel	1997
Veteran Women (40-49)	9:36:37	Irma Zollner	1999
Master Women (50+)	13:07:49	Anna van Zyl	1999

WP 50KM RECORDS

Senior Men	2:48:39	Gert Thys	2012
Veteran Men (40-49)	2:48:39	Gert Thys	2012
Master Men (50-59)	2:58:18	Vladimir Kotov	2010
GrandMaster Men (60+)	4:17:49	Len Keating	2001
Senior Women	3:21:01	Monica Drogemoller	1988
Veteran Women (40-49)	3:37:30	Jean Rayner	1997
Master Women (50-59)	4:03:32	Nancy Will	2005
GrandMaster Women (60+)	4:12:54	Nancy Will	2015

23. AWARDS

HONOURS NUMBERS will be allocated to 100 km for:

2 times winners (not consecutive).

3 times top 3 overall finishers (not consecutive). OR

5 times finishers (not consecutive)

Those qualifying this year, please attach a NOTE to your entry.

24. ACCOMMODATION

For a comprehensive list of accommodation contact:

Cape Town Tourism, Burg Street, Cape Town

Tel: 021 487 6800 Fax 021 487 6899

25. FURTHER EVENT ENQUIRIES

Two Oceans Marathon, 15 Torrens Road, Ottery, Cape Town

Tel: +27 21 799 3040

Email: info@ctforunning.org.za



Saturday 22 July 2017 at 07h00

Pre-entries close on 17 July 2017
100km is a 2017 WP Championships & Incentive race



100km ULTRA MARATHON & 50km MINI ULTRA

Online at: www.capetownfestivalofrunning.org.za



LONG SLEEVE T-SHIRT FOR ALL pre-entries



capetownfestivalofrunning



CTRunningFest





CAPE TOWN FESTIVAL OF RUNNING 100km & 50km ENTRY FORM

SATURDAY 22 July 2017 start 07h00

OFFICIAL USE
Race No.

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

Which race would you like to enter? 100km 50km

Surname

First name Initials

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

ID Number

Postal address
 Postal Code

E-mail

Tel (work) Tel (home)

Cell

Athletic Club (in full)

Province

2017 Licence no Age on race day

SHIRT

S (small) M (medium) L (large) XL (extra large) XXL (extra extra large)

Medical aid Y N Name of medical aid

Name of medical aid

Do you have any allergies Y N

Please specify

Emergency contact name

Emergency contact number

Online entries at www.cape-town-festival-of-running.org.za

Entry fee (All 100km entrants)	R300	R _____
Entry fee (All 50km entrants)	R250	R _____
Racetec timing chip (for those who do not have)	R120	R _____
Voluntary donation to Community Chest		R _____
Temporary Licence	R60	R _____

Tick if you already own Racetec timing chip Chip code _____

Total Amount R _____

Hand delivered entries with payment at the Two Oceans Marathon office, 15 Torrens Road, Ottery, Cape Town.

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 _____

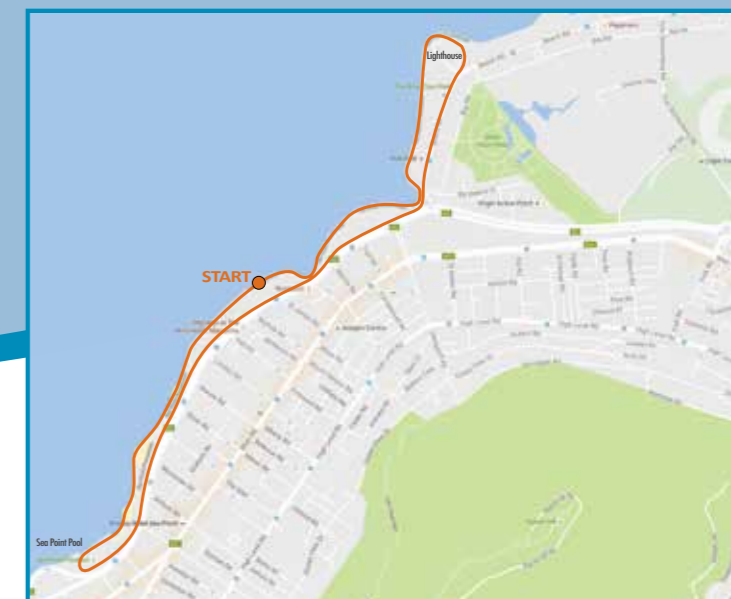
Mastercard Visa Please debit my credit card in the sum of R _____

Credit Card No.

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

Card holder's signature _____

100km & 50km ROUTE MAP



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. 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, The Two Oceans Marathon NPC, 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 entrant (runner must be 20 years old to participate)

Date