

## 21km RULES AND INFORMATION

### 1. DATE OF RACE

The race will be run on SUNDAY 27 SEPTEMBER 2015, starting at 07h00 in Beach Road, Sea Point (opposite SABC) near the registration marquee.

### 2. ENTRY FEE

R70.00 for licensed runners. Others add R35 for a temporary licence. Cash entries may be handed in at any W/Cape SPORTSMAN'S WAREHOUSE.

The entry fee is not refundable, unless rejected by the organizers. The Cape Town 21.1k Classic is restricted to runners/walkers only. There is no extra cost for ONLINE entries, available at

**<http://racetraq.co.za>**

### 3. ACKNOWLEDGEMENT OF ENTRY

Online entrants receive an immediate e-mail confirmation at the conclusion of the process and successful payment.

Hand delivered entries at a S/W store are issued with a cash receipt upon payment.

Printed copies of either of the above are necessary for registration.

### 4. CUT-OFF TIME

The cut-off will be 3 hours and 15 minutes, with the finish schedules for 10h15. You must retire at 10h15 wherever you are.

### 5. CLOSING OF ENTRIES

Pre-entries close at mid-night 21 September 2015. Those that hand deliver entries at a S/W store must do so by close of business 20 September 2015. The organizing committee reserves the right to accept or reject an entry, as well as extend the cut-off date for pre-entries. Late entries : see under Registration.

### 6. ELIGIBILITY TO PARTICIPATE

You must be 16 years older or older on the date of the race. In terms of WPA rules, you must be a member of a registered club to participate, OR purchase a temporary licence number. Registered club members are required to wear club colours. Valid 2015 licence numbers, one on the front and the other on back of the club vest must be worn. No race number will be issued. Runners issued with a temporary licence, must wear it on the front of their vest. Temporary licensed runners are eligible for age category prize money, provided they enter the relevant age group, and wear the appropriate age tags, and provide proof of age. Participants must obey traffic officials, race officials, and marshals at all times.

### 7. AGE CATEGORY TAGS

To be eligible for age category prizes, runners must wear the numerical age category tags on the front and back of their vest. Participants may enter the age category corresponding to their chronological age OR may younger category down to senior.

Age tags will be available for sale at registration.

8. REGISTRATION

All runners must register. Pre-entry runners must produce their S/W cash slip, or printout of Online confirmation sent, or I.D. Document to receive their finishing cards, which must be filled in and worn throughout the race.

Registration will take place in the RACE MARQUEE (lawns opposite SABC, Beach Road, Sea Point) during the following hours only :

SATURDAY 26 SEPTEMBER 2015 : 10h00 to 17h00

SUNDAY 27 SEPTEMBER 2015 : 05h45 to 06h45

Late Entries and on-the-day entries will be taken during the above registration times.

9. FINISHING CARDS

Each runner will be issued with a FINISHING or RACE CARD, which must be filled in legibly, worn throughout the race, and handed in at the finish ! No card No medal !!

10. GAZEBOS/TENTS on the lawn : RULES

While clubs and individuals are welcome to set up theirs, on the lawns (in demarcated areas), please be aware that City council rules forbid the use of gas or fire on the lawns. Also note that the consumption of alcohol is forbidden. Transgression of these will result in your prosecution.

11. MEDALS

All finishers in the cut-off time will receive a medal.

First 10 (ten) men and first 3 (three) women will be awarded a GOLD medal.

Next 25 (twenty-five) men and 10 (ten) women will be awarded a SILVER medal.

All other finishers in the cut-off time receive a BRONZE medal.

12. 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 organisers will exercise vigilance, but will not be liable for any losses that may arise.

13. ADVERTISING

In terms of IAAF rules, no personal sponsors patches/markings on are allowed on the participants clothing or person.

14. SAFETY

For safety reasons, the use of personal music players/headphones during road races is strongly discouraged. Any person using such device in contravention of IAAF rule 144.3b, who fails to obey a reasonable instruction from a race official, may be disqualified and not be eligible for individual or team prizes.

15. PRIZE MONEY : Men & Women

Open	40 - 49	50 - 59	60 - 69
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1.	R1000	R500	R500	R400
2.	R 500	R300	R300	R200
3.	R 300	R200	R200	R150

#### TEAM PRIZES

Club team prizes are based on total of best 4 combined times.

Club colours must be worn to Qualify.

OPEN : Men & Women - first team of four = 4 x R150

#### 16. PRIZE-GIVING

This will take place in the race marquee at 10h15.

Floating trophies to the men's and women's winner will also be awarded.

#### 17. TOILETS

These will be located at the registration and finish area.

#### 18. THE ROUTE

The start is near the marquee and goes along Beach Road towards Saunders Rocks. It turns left up Queens Road and then right into Kloof Road. Via lower Kloof Road you descend to exit into Victoria Road (left) near Camps Bay beach and follow Victoria Road and past Bakhoven. Follow Victoria Road with the majestic 12 Apostles on your left, to the turn-around before OudeKraal. Then return along Victoria road passing the famous Camps Bay and Clifton Beaches on your left. Exit Victoria Road down Seacliff Road at Saunders Rocks and the follow Beach Road pavement to the finish on the Promenade, where you started.

#### 19. REFRESHMENT STATIONS

These will be located at approximate 3 km intervals along the route, with water and/or Coke available. No mobile second of any description will be permitted on the route. The stand and hand rule will apply. A Kilometer Board will be located at each kilometer mark.

No personal seconding will be permitted, except at the demarcated refreshment stations.

#### 20. ANTI-LITTER RULE

This event takes place along a very environmentally sensitive area.

Hence a litter box is located at each km mark, and more near the refreshment stations. Ensure that you place all cups, plastic sachets, and any other waste in these, and not drop any in the road or verge.

Disregard of this rule could result in your disqualification by the Race Referee. Participants are requested to help monitor the application of this rule.

#### 21. PERMANENT NUMBERS

Entrants that qualify, need 9 previous finishes. Those who completed it as a 20 miler will be credited. Those who will qualify this year with a 10<sup>th</sup> finish, should advise the organizers by e-mail ([4adu@vodamail.co.za](mailto:4adu@vodamail.co.za)) which years they have completed, so we can allocate a number for you. Pending verification, you will be advised of it after the event.

#### 22. ENQUIRIES

ORGANISERS : TEL - 072 2101127

E-mail : [4adu@vodamail.co.za](mailto:4adu@vodamail.co.za)

**MAP**

