

17. OTHER FACILITIES

Ample space on the lawns near the main marquee is available for clubs and supporters to set up gazebo's or tents.

- REFRESHMENTS - will be on sale to supporters and the public

- PARKING - NO Vehicles are allowed on the lawns at any time!
Use demarcated parking spaces in the surrounding area.

18. TOILETS

Conveniently located portable and/ or public toilets along the entire loop will be accessible to athletes throughout the race. Please use these and do not foul any public areas.

19. ANTI-LITTER RULE

A strict anti-litter rule will be applied throughout the race. Several clearly marked, cardboard litter bins will be located along the entire 10 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.

20. MEDICAL FACILITIES

A professional medical facility will be available at the start/finish area to attend to any emergencies.

21. ROUTE DISTANCES

Every kilometre of the 10km loop will be clearly signposted. See the photo on the front of the entry form for details of the route. It is flat and being at sea level is suited to PB's or race/world records. Street lighting along the entire loop makes night running relatively safe.

22. MEDALS

All successful finishers of the 100km & 50km ultra race will receive theirs shortly after finishing, pending referees confirmation.
First 5 men & women finishers = GOLD, Rest = SILVER

23. PRIZE GIVING

The official Prize Giving function for Prize Money winners will be held in the MARQUEE at 10h15 on SUNDAY 27 September 2015. Please be punctual.

24. RESULTS

The only official lap scores and times will be recorded by an Electronic Timing System. In the event of a query or dispute, the Chief Referee's decision will be binding and final. Efforts will be made to display a progressive /provisional set of results at regular intervals on the notice / results board in the marquee. A provisional set of results will be displayed on a notice board in the Marquee on Sunday morning 27 September at the Prize Giving. Final and official results will only be available the following day.

Many EXCITING LUCKY DRAW PRIZES will be up for grabs at this function.

25. PRIZE MONEY

100Km	50Km
Men & Women	Men & Women
1 - R2500	1 - R500
2 - R1200	2 - R250
3 - R 600	3 - R100

WPA 100km Championship Prize Money

Men and Women (WP registered athletes only)

- 1 - R1000 plus Gold Medal
- 2 - R750 plus Silver Medal
- 3 - R500 plus Bronze Medal

26. SA BEST TIME

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

COURSE RECORDS

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

27. PRIZES

All finishers in the cut-off time receive the following:

100 km:

- A. Medal
- B. Special certificate for all finishers. (Can be collected at the WPA office.)

50km:

- A. Finishers Medal
- B. Special certificate for all finishers. (Can be collected at the WPA office.)

FLOATING TROPHIES

Will be awarded to the male and female winners of the 100km event.

28. AWARDS

PERMANENT NUMBERS will be allocated to 100 km for:
2 time 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

29. ACCOMMODATION

For a comprehensive list of accommodation contact
Cape Town Tourism ,
Burg Street
Cape Town
Tel. (021) 487 6800 Fax: (021) 487 6899.

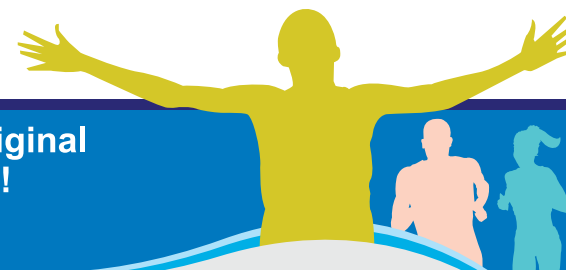
30. FURTHER EVENT ENQUIRIES:

ORGANISERS
CAPE TOWN 100km
28 SMUTS ROAD
LANSDOWNE
7780. South Africa.

Tel: +27 72 210 1127
E-mail: 4adu@vodamail.co.za

**Festival
R1000 Cash
Lucky Draw**

ENTRY FORM



The Original
& Real !

CAPE TOWN FESTIVAL of RUNNING

Organised by Hewat Athletics Club

17th CAPE TOWN
100 km
Ultra MARATHON

and 50km Mini Ultra

Run under the Rules of Athletics South Africa and W.P.A

Incorporating WPA 100km Championship

CAPE TOWN | SOUTH AFRICA

Sat 26 September 2015

06h00 till 22h00

Entries must be received by 21 September 2015



RED LINE INDICATES ROUTE

At the tip of Africa, against the spectacularly scenic background where the fabled two oceans meet, arrives the ultimate endurance challenge: the CAPE TOWN 100/50km. The venue is nestled against the foot of the majestic Signal Hill and the route hugs the Atlantic ocean where the runners can almost feel the waves lapping at their feet. In a 10km loop, which is well lit at night and traffic free, with refreshment stations to boot! This splendid loop will be repeated 10 heart-stopping times!



WESTERN PROVINCE ATHLETICS
wpa-subscribe@yahoo.com
Race flyers and results
www.wpa.org.za



R1000
Sportsmans
Warehouse
vouchers!

FREE
LONG SLEEVE
T-SHIRT
FIRST 70
100KM ENTRIES

Exciting
LUCKY
DRAW
PRIZES!

FREE
GOODY
BAGS
TO ALL

Supported by the Two Oceans Marathon NPC

Cape Town 100km+50km ENTRY FORM

SAT 26 SEPTEMBER 2015 start Sat 06h00

Please write clearly using BLOCK LETTERS and complete ALL details.

Online Entries @ <http://racetraq.co.za>

Surname:	<input type="text"/>	Initials:	<input type="text"/>	Male:	<input type="checkbox"/>	Female:	<input type="checkbox"/>
First Names :	<input type="text"/>	Postal Address:	<input type="text"/>				
Postal code:	<input type="text"/>	Email:	<input type="text"/>				
Tel (home): (code _____)	<input type="text"/>		Tel (work): (code _____)	<input type="text"/>			
ID Number:	<input type="text"/>	Cell No:	<input type="text"/>				
Athletic Club (in full):	<input type="text"/>		Province	<input type="text"/>		2015 Licence No	<input type="text"/>
Age on race day	<input type="text"/>	Occupation:	<input type="text"/>		Date of birth:(see rules of entry).	<input type="text"/>	<input type="text"/>

T-Shirt	<input type="checkbox"/> S (small)	<input type="checkbox"/> M (medium)	<input type="checkbox"/> L (large)	<input type="checkbox"/> XL (extra large)	<input type="checkbox"/> XXL (extra extra large)
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Medical Info: Medical Aid? <input type="checkbox"/> Yes <input type="checkbox"/> No Name and number of Medical Aid: <input type="text"/>
Do you have any allergies? <input type="checkbox"/> Yes <input type="checkbox"/> No Please specify <input type="text"/>
Special medical condition or medication? <input type="checkbox"/> Yes <input type="checkbox"/> No Please specify <input type="text"/>
Emergency contact name & number: <input type="text"/>

Name of qualifying race since January 1st 2015

Distance: Time:

I hereby certify that: (a) The entrant is a licenced member in good standing in our club.
(b) The qualifying time as detailed by the entrant is true and correct.

<input type="text"/>	<input type="text"/>	<input type="text"/>
Name of Club Member (Print)	Signature plus 2015 Licence Number	Office Phone / Fax

SPECIAL AGREEMENT:
I agree not to hold the Cape Town 100km + 50km Committee or Hewat Athletic Club or any sponsors, WPA, or any person assisting in the organisation or holding of the race liable for any injury or illness, which I may suffer directly or indirectly as a result of participating in the race or for any damage to my property or loss of my property which I may suffer directly or indirectly as a result of participating in the race. I accept all rules, conditions and regulations which include the terms of payment of the entry fee and will comply with them. I undertake not to exhibit or wear any advertising material or logos contrary to the rules of ASA, IAAF or WPA. Also, I grant my permission to the Cape Town 100km / 50km organisers and its authorised agents to use my name, photographs, video-tapes, broadcasts, telecasts, advertising promotion or other account of this event free of charge.

I confirm that this Special Agreement is entered for the benefit of the Cape Town 100km / 50km race, Hewat Athletic Club, the sponsors and the persons assisting in the organisation and holding the race.

<input type="checkbox"/> Electronic Timing Fee: Compulsory	R 50.00	History of Previous
<input type="checkbox"/> Entry fee (All 100km entrants)	R 245.00	Cape Town Ultra Finishes
<input type="checkbox"/> Entry fee (All 50km entrants)	R 150.00	<input type="checkbox"/> 100 km Year/s -----
Voluntary donation to Community Chest	R.....	
TOTAL AMOUNT R	<input type="text"/>	<input type="text"/>
	Signature of entrant	Date

I have a permanent number
 I will qualify this year
Payment by Credit Card Cash @ S / W

OFFICE USE ONLY					
Race N°	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Novice	<input type="checkbox"/>

CAPE TOWN 100km +50km

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

1. DATE OF RACE

The 100km+50km ultra's will start on Sat 26 September at 06h00. The start is on the promenade at Sea Point, opposite SABC (next to the race Marquee) and finishes at the same venue at 22h00. (16 hours)
The Cape Town 100km+50km are restricted to runners/walkers only. A mechanical aid of any nature will not be permitted.

2. ENTRYFEE

100km = R245 + R50 Timing Fee
50km = R150 + R50 Timing Fee
Cash entries accepted at any W. C. Sportsmans Warehouse branch.

3. TIMING - Electronic Chip Timing

3.1 All participants will be provided with a returnable Timing Chip
3.2 Failure to return the loaned chip by 22h00 Sat 26 September will render the participant liable for the replacement cost of R80.
3.3 Your Chip must be laced onto one of your running shoes for the duration of the race. NO CHIP, NO RESULTS, NO EXCEPTIONS!!!

4. CUT-OFFTIMES

The time limit for the 100km/50km ultra is 16 hrs. You must retire at 22h00 wherever you are.

5. CLOSING DATE FOR ENTRIES

Receipt of entries close on 21 September 2015. Online entrants will receive an immediate acknowledgement of entry (which you should print out), while cash or credit card entrants at a Sportsmans Warehouse are issued a Cash Receipt. Either of these have to be produced at registration. If you have lost it, you are required to bring your I.D. with you to register.

6. ACKNOWLEDGMENT OF ENTRY

Refer to Rule No. 5.

7. RACE REGISTRATION

You must collect your Timing Chip and courtesy bag (with T-shirt for those who qualify) at the Start/Finish Marquee between 04h30 and 05h30 on SATURDAY 26 September 2015. Please wear your current license number front and back.

8. PRE-RACE BRIEFING

All runners are required to attend the important briefing session on Saturday morning 26 September 2015 at 05h30 in the Marquee.

9. REFRESHMENT STATIONS

There will be 4 refreshment stations along the 10km loop (± 2.5km apart). These will be stocked with Coke, water and Powerade. Additionally, tables with bananas, oranges and biscuits will also be provided. Soup and bread will also be available in the marquee.

10. QUALIFYING TABLE

All entrants for both the Ultras must qualify by completing a race according to the following table during the period 1 JANUARY 2015 and 21 SEPTEMBER 2015

Distance of race	Qualifying time
42.2 km	5hrs 00 min
48 - 52 km	6hrs 30 min
54 - 56 km	7hrs 00 min
60 km	7hrs 50 min
64 km	8hrs 20 min
80 km	10hrs 30 min
Comrades	sub 12hrs
100 km	13hrs 00 min

Walkers may request special time qualifications to participate. Participants must be 20 years of age & older on the date of the qualifier.

11. SECONDING

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.

12. ADVERTISING

Registered Club colours and your 2015 licence number on the front and back must be worn throughout the race. In terms of IAAF rules no personal sponsors patches/markings are allowed on any competitors clothing or person.

13. CLUBS

South African entrants must be current licenced members of a club. Entrants from other countries must obtain clearance from their athletic body. No athlete may run for a club other than a club in the province in which s/he is domiciled. Refer to the ASA rule. Your completed entry form with your qualifying race, distance and time must be checked and signed by a bona fide club member. Any irregularities in your entry form will result in your entry being sent back to you. The Cape Town 100+50km organisers reserve the right to accept or reject any entry.

14. MANUAL ENTRIES

Online entries are preferable. It is recommended that cash entries be handed in at your nearest Sportsmans Warehouse store, which will provide you with a cash slip, which you need to produce at registration. Entry fees are not refundable, unless entry is rejected by organisers.

15. SAFETY

For safety reasons the use of personal music players 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 shall not be eligible for individual or team prizes.

16.TOG BAG FACILITIES

These will be provided for in the marquee at the start/finish for those needing it. Please do not leave any valuables in the tog bag. Vigilance by the organisers will be maintained but they will not be liable for any losses that may arise.

CUT HERE