

# CAPE TOWN 100 km and 50 km ULTRAS

## RULES and INFORMATION

### 1. DATE OF RACE

The 100km and 50km ULTRAS will start at SATURDAY 26 SEPTEMBER 2015 at 06h00. The start is on the Promenade in Sea Point, opposite the SABC, next to the race marquee, and finishes at the same venue at 22h00. (16 hours)

The Cape Town 100km and 50km are restricted to runners/walkers only. No mechanical aid of any nature will be permitted.

### 2. ENTRY FEE & ENTRY

100 km = R 245 + R 50 Electronic Timing Fee

50 km = R 150 + R 50 Electronic Timing Fee

Cash entries accepted at all W. Cape Sportsman's Warehouse stores (receipt issued)

Online entries (free of extra cost) at <http://racetraq.co.za>

(confirmation to be printed out)

### 3. TIMING : Electronic Chip Timing

a. All participants will be issued with a returnable Timing Chip.

b. Failure to return the chip by 22h00 to an appointed official, will render the participant liable for the replacement cost of R80.

c. 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 OFF TIMES

The time limit for both ultras is 16 hours.

You must retire at 22h00 wherever you are .

### 5. CLOSING DATE FOR ENTRIES

Receipt of entries close on 21 September. Online at mid-night.

Online entrants will receive an immediate acknowledgement of entry upon successful payment being made. This proof needs to be printed out and taken to registration.

Cash or credit card entries at a Sportsman's Warehouse store, will be given a receipt, which needs to be

taken to registration. If you lose either, you will have to produce an

I.D. at registration.

### 6. ACKNOWLEDGEMENT OF ENTRY

As in 5.

### 7. RACE REGISTRATION

Every participant must register. Registration takes place in the Race

Marquee next to the start/finish line on Saturday 26 September from

**04h30 till 05h30.** You need to produce your proof of entry, to collect your Timing Chip and courtesy bag (with T-shirt) for those that qualify. Your current license number must be worn on the front and back of your running vest.

**8. PRE-RACE BRIEFING**

All runners are required to attend the important pre-race briefing on race morning at 05h30 in the marquee.

**9. REFRESHMENT STATIONS**

There will be 4 refreshment stations along the 10km loop at approximate 2.5km intervals. These will be stocked with water, Coke, and Powerade. Additionally bananas, oranges and biscuits will also be available. Soup and bread will be available in the marquee at the start/finish line.

**10. QUALIFYING TABLE**

All entrants for both ultras must qualify by completing a recognized race according to the following table during the period 1 January 2015 and 21 September 2015.

Distance of Race	Qualifying time
42.2 km	5 hrs 00 min
48 - 52 km	6 hrs 30 min
54 - 56 km	7 hrs 00 min
64 km	8 hrs 20 min
80 km	10 hrs 30 min
Comrades	sub 12 hrs
100 km	13 hrs 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 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 license number on the front and back of your vest/top 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 Africa entrants must be currently licensed members of a recognized club. Entrants from other countries must obtain clearance from their athletics body. No athlete may run for a club other than the club in the province which s/he is domiciled in. Refer to the ASA rule. .

our completed entry form with your qualifying race, distance and must be verified by another bona fide club member. Any irregularities in your entry form will result in your entry being disqualified. The Cape Town 100km and 50km organisers reserve the right to accept or reject any entry, or to change the deadline for entries.

14. MANUAL ENTRIES

Online entries are the preferred method. We recommend that cash entries be handed in at any W.Cape branch of Sportsman's Warehouse, who will give you a receipt which has to be produced at registration. Entry fees are not refundable, unless your entry is rejected by the organizers.

15. 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.

16. TOG BAG FACILITIES

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.

17. 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.

NO vehicles or caravan of any description is permitted on the lawns. REFRESHMENTS will be on sale for athletes and supporters.

18. TOILETS

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

19. ANTI-LITTER RULE

A strict anti-litter rule will be applied throughout the race. Several clearly marked litter bins will be located along the entire route. Additionally, several public litter bins are also on the route. Runners

failing to use these bins for their litter, will make themselves liable for disciplinary action from race officials.

20. MEDICAL FACILITIES

A professional medical facility will be accessible at the start/finish line to deal with any emergencies.

21. ROUTE DISTANCES

Every kilometer of the 10 km loop will be clearly sign posted. See the picture of the route on the front cover for details. It is flat and being at sea level, suited for PB's or records. Street lights along the entire loop make running at night relatively safe.

22. MEDALS

All successful finishers of the 100 km and 50 km will receive theirs shortly after finishing, and pending verification by officials/referee. First five (five) men and women GOLD, and the balance SILVER.

23. PRIZE GIVING

The official prize giving for prize money winners will be in the Marquee on Sunday 27 at 10h15 Please be punctual.

24. RESULTS

The only official results 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 provide progressive results at regular intervals, and display these on a notice board in the marquee. A provisional set of results will be displayed at Sunday's prize giving. However, the final set of official results will only be available the following day onwards.

25. PRIZE MONEY

100 km	50 km
Men & Women	Men & Women
1. R 2500	R 500
2. R 1200	R 250
3. R 600	R 100

**WPA 100 km Championship Prize Money**

Men and Women (W.P. registered athletes only)

1. R 1000 plus GOLD Medal
2. R 750 plus SILVER medal
3. R 500 plus BRONZE medal

26. S. A. BEST TIMES : 100 km

Overall male BRUCE FORDYCE'S	6 hrs 25 min 07 sec
Overall female HELEN JOUBERT'S	7 hrs 31 min 47 sec

COURSE RECORDS : 100 km

Overall male GRAHAM MEYER'S 7 hrs 05 min 36 sec

Overall female STYNTJIE PRINS'S 9 hrs 01 min 05 sec

27. PRIZES

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

100 km :

a. MEDAL

b. Special Finishers Certificate (Available at WPA office Tuesday after event onwards)

50 km :

a. Finishers MEDAL

b. Special Finishers Certificate (Available at WPA office Tuesday after event onwards)

FLOATING TROPHIES

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

28. AWARDS

PERMANENT NUMBERS will be allocated in the 100 km for:

2 times winners (not consecutive)

3 times top 3 finishes (not consecutive) or

5 times finishes (not consecutive)

# Those who qualify this year need to submit a note (e-mail :

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

29. ACCOMODATION

For a comprehensive list of accommodation, contact :

Cape Town Tourism

Burg Street

Cape Town

Tel (021) 487 6800

30. EVENT ENQUIRIES

Organiser : cell/sms 072 2101127 or e-mail : [4adu@vodamail.co.za](mailto:4adu@vodamail.co.za)