



new balance



# TABLE MOUNTAIN 16 km RACE

**SUNDAY 3 JUNE 2012 8.00am**

**CLOSING DATE FOR ENTRIES: 17 May 2012**

*To complete the entry form electronically please only type in the grey sections of the document:*

Title		First Name		Surname		
I.D. No		Date Of Birth		Age on Race Day		
Postal Address					Postal Code	
Tel (H/W) incl code		E-mail address				
Cell No		Emergency Contact No				
Are you a licenced runner?		Do you require a temporary licence?				
Athletics Club						
2012 Licence Number:		Age Category	S	40-49	50-59	60+
Permanent Number (if already awarded):		Number of Table Mountain races run to date:				
Please place an X next to the appropriate years:		1978	1979	1980	1981	1982
1983	1984	1985	1986	1987	1988	1989
1992	1993	1994	1995	1996	1997	1998
1999	2000	2001	2002	2003	2004	2005
2006	2007	2008	2009	2010	2011	

PAYMENT	
ENTRY FEE	<b>R45,00</b>
TEMPORARY LICENSE	<b>R25,00</b>
DONATION TO CAPE PENINSULA NATIONAL PARKS	
<b>TOTAL:</b>	

I, the undersigned, hereby acknowledge and understand the rules of running this race over the rough terrain of Table Mountain. In consideration of the acceptance of my entry, I for myself, my executors, heirs, administrators and assigns do hereby release and discharge the Race Organisers, **acsis VOB Running Club**, Western Province Athletics, Cape Peninsula National Parks, any and all sponsors, any and all volunteer groups, and all local authorities from all claims for injuries, damage or property loss I may suffer arising out of my participation in this event, including pre- and post-race activities.

I am physically fit and sufficiently trained to participate in this endurance event and assume all risks of such participation. I specifically direct that should evacuation from the route be required, such rescue service costs incurred, if any, will be for the account of the undersigned.

Monies raised from the 2011 Table Mountain 16 km have been ear-marked for projects within Table Mountain National Park and surrounds in consultation with SANParks and the iKapa Honorary Rangers. These projects shall be for the public benefit and with a slant towards runners and hikers utilising these facilities. Funds raised from the 2012 Race shall be utilised likewise.

DATE:		SIGNATURE	
SIGNATURE OF PARENT/ GUARDIAN (If under the age of 18)			

## GENERAL INFORMATION

- As a runner in the 2011 race, an **invitation** is cordially extended to you to enter the 2012 race. However, the cut-off for entries is Thursday 17 May 2012, after which those who have not run this race in the previous year will be allowed to enter. The entries are limited to a total of 250 participants. Disciplinary action will be taken against anyone who participates in the event without entering.
- Please fill in the requested address details carefully. This address will be used to contact you about the Table Mountain Race next year. It is your responsibility to notify acsis VOB, in writing, if there is any change in your contact details.
- Entry fee is R45,00. Temporary licences are available at R25,00.
- An appeal is made for donations to the **Cape Peninsula National Parks**.
- Crossed cheques to be made payable to: **VOB Running Club**, and posted to: **The Secretary, VOB, Box 55, Plumstead, 7801. Direct deposits to FNB Code 200-309 A/c No. 62012229896.**
- Faxed entries will also be accepted until 17 May 2012– **simply fax a completed entry form with a copy of the deposit slip.** Bank Account details: Name of account holder –**VOB Running Club**; Bank – **First National Bank**; Branch – **Mowbray 200309**; Account number: **62012229896.** Fax number: **086 574 7170.**
- Simply complete the MS Word document of the race flyer and email it to **Charlotte at: vobsec@mweb.co.za.** Remember to **also email proof of internet payment.** If you cannot send an electronic proof of payment then **simply print out the MS Word entry form/PDF, complete it by hand and fax it to the Club Secretary at the above number, together with a copy of the deposit slip.**
- Confirmation will not be sent, but athletes must collect their race numbers between 6.30am and 7.30am on 3 June at the start of the race, at Constantia Nek. **Race numbers not collected by 7.30am on 3 June will be re-allocated.**
- **Prize-giving will take place at 10.00am.** (There will be no cash prizes but product prizes from New Balance) **SPOT PRIZES TO BE WON.**
- Race run in accordance with rules of **WPA Cross Country and ASA.**
- **The start and finish are at Constantia Nek, adjacent to the traffic circle.**
- **Phone queries to Charlotte at (021) 761 8887 – please leave a message if your call is unanswered.**

## RULES

- Licensed athletes must run in **club colours with 2012 licences** on the back and front of vest. Entry cards must be in the athletes possession during the race.
- **Temporary licences** are available at R25,00 and these must be worn on the front of vest.
- Runners to obey the marshals at all times.
- All entrants must be 16 or older on the day of the race to enter.
- **Age category tags** must be worn. In addition to Open prizes, athletes will only be eligible for one category prize in the age category they enter. Age category prize winners will not be eligible for spot prizes.
- The prize for **King/Queen of the Mountain** will be awarded to the first male/female person to reach the top of the mountain at approx. 6km, provided that they finish the race.
- No personal seconding will be permitted.
- **There are no Refreshment Stations** on the route. There is however a tap at about 5km & 10km. **Coke** will be supplied at the finish.
- **Tog bag security** will be available. Please ensure that your bag is clearly labelled and contains no valuables.
- **Cut-off time is 2 hours 30 minutes.** Please climb into the marshal bus following the last runner if instructed to do so.
- Absolutely **no littering** will be tolerated – what you take up the mountain, you must please bring down.

**NB! CLOSING DATE FOR ENTRIES: 17 May 2012**