



Race Entry and results
www.wpa.org.za
wpa@subscribe@ymhuagroup.com

WESTERN PROVINCE ATHLETICS

K-Way TABLE MOUNTAIN 16 km RACE

SUNDAY 19 JUNE 2016 8:00am

CLOSING DATE FOR ENTRIES: 30 May 2016

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 licensed runner?		Do you require a temporary licence?						
Athletics Club								
2016 Licence Number:		Male	Female	Age Cat	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	1990	1991
1992	1993	1994	1995	1996	1997	1998	1999	2000
2001	2002	2003	2004	2005	2006	2007	2008	2009
2010	2011	2012	2013	2014	2015			

PAYMENT	
RACE ENTRY FEE	R55,00
SANParks EVENT FEE (Compulsory)	R70,00
TEMPORARY LICENSE	R25,00
Honorary Rangers DONATION	R ,00
TOTAL:	

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, **K-Way VOB Running Club**, Western Province Athletics, SANParks, 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 2015 Table Mountain 16 km have been ear-marked for projects within South African National Parks and surrounds in consultation with SANParks and the SANParks 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 2016 Race shall be utilised likewise.

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

GENERAL INFORMATION

- As a runner in the 2015 race, an **invitation** is cordially extended to you to enter the 2016 race. However, the cut-off for entries is Monday 30 May 2016, 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 K-Way VOB, in writing, if there is any change in your contact details.
- Entry fee is R55,00. Temporary licences are available at R25,00. In addition an event fee of R70.00 payable to SANParks.
- An appeal is made for donations to the **SANParks Honorary Rangers**.
- EFT or Cash to be made payable to: **VOB Running Club**, and posted to: **The Secretary, VOB, Box 55, Plumstead, 7801. FNB Plumstead Acc No. 74437474138**
- Faxed entries will also be accepted until 30 May 2016 - **simply fax a completed entry form with a copy of the deposit slip. Fax number: 086 616 1108.** You may enter online at www.racetraq.co.za
- Simply complete 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 entry form, 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 19 June at the start of the race, at Constantia Nek. **Race numbers not collected by 7.30am on 19 June 2016 will be re-allocated.**
- **Prize-giving will take place at 10.00am.** (There will be no cash prizes but product prizes from K-Way)
SPOT PRIZES TO BE WON.
1st, 2nd 3rd prizes to male and female in categories Open, 40 -49 and 50 -59, only 1st to 60+ male and female.
- 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**. A **2016 ASA licence** must be worn on the back and the competition race-bib on the front of the upper garment.
- **A R70,00 SANParks Fee** is compulsory.
- **Temporary licences** are available at R25,00 and these must be worn on the back of vest. The competition race bib worn on the front of the vest. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be covered by the ASA accident insurance.
- Runners to obey the marshals at all times.
- All entrants must be 16 or older on the day of the race to enter.
- To be eligible for **age category** prizes, **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 at users own risk. 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. Anyone seen or reported doing so will be disqualified and barred from future events. What you take up the mountain, you must please bring down.
- 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.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

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