

GENERAL INFORMATION

- Runners participating in last year's race are invited to enter the 2016 race, however the cut-off for entries is Thursday the 30th of 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.
- 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 will be re-allocated.
- Prize-giving will take place at 10.00am. There will be no cash prizes but instead product prizes from K-Way. There will also be spot-prizes to be won.
- The race is 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 should run in club colours with 2016 ASA licences on the back and their competition race bib on the front of their vest. Entry cards must be in the athlete's possession during the race.
- Temporary licences are available at R25,00 and these must be worn on the back 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.
- To qualify 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 vehicle 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: 30 May 2016