



# K-Way 16 km TABLE MOUNTAIN RACE

## SUNDAY 16 JUNE 2019 8:00am

### CLOSING DATE FOR ENTRIES: 31 May 2019

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?									
Athletics Club									
2019 Licence Number:		Male	Female	Age Cat	Senior	40-49	50-59	60-69	70+
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	2016	2017	2018	

PAYMENT	
RACE ENTRY FEE	<b>R114,00</b>
RACE ENTRY FEE 70+	<b>R 0,00</b>
SANParks EVENT FEE (Compulsory)	<b>R86,00</b>
Honorary Rangers DONATION	<b>R</b>
<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, **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 2018 Table Mountain 16 km have been paid over to SANParks Honorary Rangers in support of their K9 Project to upgrade their Dog Kennel facilities. These projects shall be for the public benefit and with a slant towards runners and hikers utilising these facilities. Funds raised from the 2019 Race shall be utilised likewise.

<b>DATE:</b>		<b>SIGNATURE</b>	
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## GENERAL INFORMATION

- As a runner in the 2018 race, an **invitation** is cordially extended to you to enter the 2019 race. However, the cut-off for entries is Monday 31 May 2019, 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.
- Parking is limited. Please share lifts.
- 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 R114,00, in addition a compulsory event fee of R86.00 is payable to SANParks. Runners who are 70+ gain **free** entrance.
- An appeal is made for donations to the **SANParks Honorary Rangers**.
- EFT to be made payable to: **VOB Running Club**, and posted to: **The Secretary, VOB, Box 55, Plumstead, 7801. FNB Plumstead Acc No. 74437474138** (No cash deposits at bank.)
- Faxed entries will also be accepted until 31 May 2019 - **simply fax a completed entry form with a copy of proof of payment. Fax number: 086 616 1108.** You may enter online at [www.racetraq.co.za](http://www.racetraq.co.za)
- Simply complete the race flyer and email it to Charlotte at: [secretary@kwayvob.co.za](mailto:secretary@kwayvob.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 16 June at the start of the race, at Constantia Nek. **Race numbers not collected by 7.30am on 16 June 2019 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.  
Prizes to 1<sup>st</sup>, 2<sup>nd</sup> 3<sup>rd</sup> prizes to male and female in all age categories.
- **The start and finish are at Constantia Nek, adjacent to the traffic circle. It can get cold on the mountain, suitable gear should be worn, participants are encouraged to carry a windproof jacket.**
- **Phone queries to Charlotte at (021) 761 8887 – please leave a message if your call is unanswered.**

## RULES

- The event will be run in accordance with the ASA rules for trail running as well as the conditions as specified by SANPARKS. No ASA licences need be displayed. The race bib must be worn on the chest. Club colours are optional
- Runners to obey the marshals at all times. Running with dogs is not permitted and may result in disqualification and removal from the course.
- All entrants must be 18 or older on the day of the race to enter.
- To be eligible for **age category** prizes, **age category** tags must be worn and be visible on the front and back of the upper garment for the entire duration of the race. 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 or water refill stations on the route. Runners must carry their own hydration. Coke/Water will be supplied at the finish bring your own containers - no paper cups will be supplied.**
- **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.
- The use of music players, with headphones is **not allowed** and may result in **disqualification**.



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