



Cape Town festival Running General Information_16 and 17 July 2022

THIS RACE IS RUN UNDER THE AUSPICES OF W.P.A. & ATHLETICS SOUTH AFRICA. THE ASA AND World Athletics RULES WILL GOVERN THIS EVENT RULES AND INFORMATION

1. Date of the Race: The race will be run on Saturday 16 July 2022 (50km and 100km time 7h00) and Sunday 17 July 2022 (21 Km time 07h30) on the Promenade, Sea Point (opposite SABC) near the Registration Marquee.

2. Closing Date of Entries: Pre-entries close on the 09 July 2022(or until capacity was reached). Online entries are limited to 1800 (21Km) and 550 (50km and 100km)

3. Acknowledgement of Entry: Online entrants will receive immediate entry confirmation, all EFT and other entrants will receive confirmation once forms and proof of payment is received.

4. Registration: It is vital that you bring the printed online race acknowledgement or receipt, and proof of identity (e.g. ID document, passport, Driver's licence) to registration. You must collect your race entry card from the Registration Marquee, opposite the SABC building, Sea Point, Cape Town on Friday 15 July from 15:30 to 20:00 and Saturday from 10:00 to 17:00 (21 km) and on race morning from 05:30 to 06:30 for the 50km and 100km and the 21 km on Sunday from 5:30-7:00. If you are unable to collect your race entry card, a third party can collect on your behalf with a printed copy of the entry acknowledgement as well as a letter of authorisation from the entrant. This letter needs to state both the entrant and the person collecting the race entry card ID number as well as the signature of both parties. The person collecting the race entry card must have some form of identification. Temporary licence holders must complete and hand in the torn off strip from the number in order to be eligible to compete when registering.

5. Cut-off times: 21Km- The cut-off will be 3 hours 30 mins with the finish scheduled at 11h00. **50Km** 6 hours' 30 mins will be the Qualifying time for Two Oceans Marathon. The time limit for the 100km/50km ultra is 15 hours. You must retire at 22h00 where ever you are.

6. The 50 km and 100Km runners are required to attend the important briefing session on Saturday morning 16 July 2022 at 06h30 in the Marquee.

7. Eligibility to Participate: 21km- You must be 16 years old or older on the date of the race. **50km and 100Km-** You must be 20 years old or older on the date of the race In terms of WPA rules, you must be a member of a registered club or purchase a temporary licence number to be able to participate. Registered club members should wear club colours. Valid 2022 licenses must be worn, one on the front and one on the back of their running vest.

8. Age Category Tags: To be eligible for age category prizes, runners must wear numerical age category tags on the front and back of their Vest. Temporary licence participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate Age tags and provide proof of age. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.

9. Race Entry Card: Each runner will be issued with a RACE ENTRY CARD which must be filled in legibly and carried throughout the race, and handed in at the finish.

10. Gazebo/tents on the Lawn rule: Ample space on the lawns near the main marquee is available for clubs and supporters to setup gazebos. PARKING – NO Vehicles are allowed on the lawns at any time! Use public parking spaces in the surrounding area.

10. Medals: All finishers in the cut-off time will receive a MEDAL.

11. A TOG-BAG FACILITY will be available at the Marquee at own risk. No loose items will be accepted. Do not place any valuables in the tog bag. Organisers will exercise vigilance but will not be liable for any losses that may arise.

12. Advertising: In terms of IAAF rules no personal sponsor's patches/markings are allowed on any competitors clothing or his/her person.

13. General: For safety reasons the use of a personal music player with headphones is not allowed. Persons using them in contravention of ASA Rule 30.10.7 may be disqualified and shall not be eligible for individual or team prizes. PARTICIPANTS MUST OBEY TRAFFIC OFFICERS, RACE OFFICIALS AND MARSHALS AT ALL TIMES. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

14. Prize Money

21Km (Senior) (40-49) (50-59) (60-69) (70+)

Open Men & Female	40-49	50-59	60-69	70 +
Men & Female	Men & Female	Men & Female	Men & Female	Men & Female
1. R1000	1. R400	1. R400	1. R400	1. R400
2. R500	2. R300	2. R300	2. R300	2. R300
3. R300	3. R200	3. R200	3. R200	3. R200

100Km	50Km
Men & Female	Men & Female
1. R2 500	1. R1000

- 2. R1 200
- 2. R 600
- 3. R 500
- 3. R 300

WPA 100km Championship Prize Money
- **More details to follow soon.**

There will be no official prize giving and prize money will be deposited into the category winner's bank accounts.

15. Toilets: These will be located at the registration and finish area.

16. The Route: The Half Marathon route starts on the Promenade in Sea Point opposite the SABC building. Runners proceed along the promenade in the direction of Camps Bay until Arthurs Road, where they turn into Beach Road and head back towards Cape Town. At Rocklands Road, they do a U-turn and head out along Beach Road towards Camps Bay. The runners continue along Beach Road until the circle at the bottom of Queens Road, where they turn left, cross over Regent Street and up to Kloof Road. At Kloof Road they will turn right and continue along this road. Kloof Road merges into Victoria Road after Camps Bay High School and runners continue along this road towards Hout Bay. The turnaround point is after the 11km mark in Victoria Road. The runners will continue along Victoria Road and turn left into Seacliff Road and proceed down into Beach Road, Sea Point. Once in Beach Road the runners will run along the Promenade towards the Finish. The 50 km and 100km – Every kilometre of the 5 km loop will be clearly signposted. See the route map inside leaflet, for details. It is flat and being at sea level is suited to PB's and records. Street lighting along the entire loop makes night running relatively safe.

17. Refreshments Station: Refreshment Stations will be located at regular intervals on the route (50km and 100km) will be a combination of water and Coke. The stand and hand rule will apply. Kilometre boards will be placed at each km mark. No personal seconding will be permitted except at official refreshment stations. **21 Km** - There will be 4 water every alternative station will have water and coke. In order to reduce plastic waste and litter, this event will include the "carry your own" protocol.

18. Anti-Litter rule: Do not litter. Dispose responsibly by using the boxes provided or carrying them to the Finish. A large litterbin will be provided at each kilometre mark and additional ones near refreshment stations. All athletes are required to use these. Disregarding this rule could result in your disqualification by race referees. Runners are urged to assist officials in the application of this rule in the race. Report offenders to the referees.

19. A mechanical aid of any nature will not be permitted.

20. Do not litter, Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the Finish.

21. Runners to obey traffic officers, race marshals, officials and Covid-19 officers at all times

22. A professional medical facility will be available at the start/finish area to attend to any emergencies

23. ACCOMMODATION

For a comprehensive list of accommodation contact:

Cape Town Tourism,

Burg Street

Cape Town

Tel: 021 487 6800 Fax 021 487 6899

24. Covid-Safety. All participants must wear a suitable face mask on arrival at the venue. No person will be permitted to enter the demarcated areas without a face mask. The mask may be removed during the run only but must be replaced at the Finish.

25. Timing/ Results: The 50km and 100km will be electronically timed with FinishTime and 21 km will be manually timed.

Enquiries & Entry:

Race Director: Winston Brooks Tel: 0764896043 E-mail: winston@junocrp.co.za

Registration Office: Cheryl Arendse Tel 0824243949 E-mail: carendse6909@gmail.com

Secretary: Rushdah Tregonning Tel: 0845932434 E-mail: rtregonning2@gmail.com

CAPE TOWN FESTIVAL OF RUNNING