

# Route and Landmarks



City Hall - Start



Castle of Good Hope



Whipping Post Grand Parade  
cnr. Darling & Buitenkant Street



District 6 Museum



Slave Bell Company Gardens



Hurling Swing Pump Gardens



S.A. Jewish Museum



St Marks Church District 6



Auwal Mosque Dorp Street



Pentz Street Bo-Kaap  
(Koesiester Hill)



Gallows Hill



Fan Walk Green Point



Grand Parade - Finish



Slave Tree Plaque Spin Street



Iziko Slave Lodge



Fort Wynyard Green Point

# #MyCityMyRun



## SUNDAY 31 MARCH 2019

START: CITY HALL / FINISH: GRAND PARADE

21.1km - 06:45am

10km Run - 07:15am

10km Big Walk - 07:15am

5km Fun Run/Walk 07:20am



## SIGN UP ON

[www.slaveroute.co.za](http://www.slaveroute.co.za)  
[www.webtickets.co.za](http://www.webtickets.co.za)

Manual Entries:  
**Sportsmans Warehouse**

Race  
Beneficiary:

**MARY  
HARDING  
SCHOOL**



**CASTLE OF GOOD HOPE** ... the beginning of everything  
The Centre of Shared Heritage in the Cape  
[info@castleofgoodhope.co.za](mailto:info@castleofgoodhope.co.za) [www.castleofgoodhope.co.za](http://www.castleofgoodhope.co.za)



# Slave Route Challenge

## Race Entry Fees

Race	Start Time	Cut Off Time	Lucky Draw Prizes	Licensed Senior Athletes	Unlicensed Senior Athletes	Licensed Junior Athletes	Unlicensed Junior Athletes
Half Marathon <b>Includes disposable timing chip and service fee</b>	06:45	10:15	Yes	R130	R190	R130	R190
10km Run <b>Includes disposable timing chip and service fee</b>	07:15	09:15	Yes	R85	R125	R65	R90
10km Big Walk	07:15	n/a	Yes	R50	R50	R50	R50
5km Fun Run/Walk	07:20	n/a	Yes	R30	R30	R30	R30

**LIMITED ENTRIES FOR 21.1KM - 5 000 Entries and 10KM RUN - 3 000 Entries (NO LATE ENTRIES AFTER IN STORE AND ONLINE CLOSING DATE 17 MARCH 2019)**

## In Store Entries (Close Sunday 17 March 2019)

Sportsmans Warehouse	Location	
Canal Walk	Rondebosch	Tygervalley
Somerset West	Tokai	Sea Point
West Coast Village		

## NUMBER COLLECTION & EXPO - CASTLE OF GOOD HOPE

	Location	Date	Time
Late entries for 5km Fun Run and 10km Big Walk ONLY will be taken on FRI & SAT <b>NO LATE ENTRIES FOR 10km run &amp; 21.1km</b>	Castle of Good Hope	Fri 29 Mar	10h00 - 20h00
	Castle of Good Hope	Sat 30 Mar	10h00 - 17h00
	Castle of Good Hope	Sun 31 Mar	05h30 - 07h00

## NO ENTRIES ON RACE DAY - SUNDAY 31 MARCH 2019

## Medal Categories

Half Marathon	10km Run	10km Big Walk & 5km Fun Run/Walk
Gold: Position 1-5	Gold: Position 1-5	Medals to all finishers.
Silver: Position 6-50	Silver: Position 6-50	
Bronze: To all finishers within cut off time	Bronze: To all finishers within cut off time	

## Race Beneficiary

### MARY HARDING SCHOOL

Mary Harding School caters for children with barriers to learning (Afrikaans and English medium).  
[www.maryharding.co.za](http://www.maryharding.co.za)

## Prize Money Half Marathon

Open	40-49	50-59	60-69	70+
Men/Women	Men/Women	Men/Women	Men/Women	Men/Women
1. R3000	1. R1500	1. R1500	1. R1500	1. R1500
2. R2000	2. R1000	2. R1000	2. R1000	2. R1000
3. R1000	3. R750	3. R750	3. R750	3. R750

## Prize Money 10km Run

Open	14-19	40-49	50-59	60-69	70+
Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women
1. R1500	1. R1500	1. R1000	1. R1000	1. R1000	1. R1000
2. R1000	2. R1000	2. R750	2. R750	2. R750	2. R750
3. R750	3. R750	3. R500	3. R500	3. R500	3. R500

**Team prizes (Open): Club team prizes calculated on total combined time**  
Half marathon Men & Women 4 x R750 10km Run Men & Women 4 x 500

# RACE RULES

1. Minimum age for competitors:

**Half Marathon: 16 years or older on race day. 10km Run: 14 years or older on race day**

5km Fun Run / Walk & 10km Big Walk: Toddlers and children under the age of 10 years old must be accompanied by an adult.

- Half marathon & 10km Run athletes should wear their club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
- One race number (bib) will be issued. Registered athletes must wear their 2019 ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
- Half marathon & 10km Run athletes not belonging to a running club and who do not own a WPA licence, must purchase a temporary licence, pay the race entry fee for an unlicensed athlete, must complete and hand in the tear off strip from the number in order to be eligible to compete.
- In addition to overall (open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be displayed/worn on the front and back of their vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group and wear the appropriate tags. Proof of age may be requested.
- Juniors (born 2000 or later) wearing a junior or senior license must display age tags ("J"), to qualify for age group prizes. Juniors will count towards Open team prizes. Juniors must provide proof of age.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- Club colours must be worn to qualify for team prizes.
- All licenced participants qualify for an open team prize.
- All marshals and traffic officials must be obeyed. Failure to comply may lead to disqualification. The WPA Technical Officials must be obeyed at all times.
- No personal seconding will be permitted except at official refreshment stations.
- Time limit for the 21.1km is 3:30 hrs and for the 10km 2:00 hrs. No time limit for 5km Fun Run / Walk and 10km Big Walk.  
**NO ENTRIES WILL BE TAKEN AT NUMBER COLLECTION OR ON RACE DAY FOR THE 10KM RUN & 21.1KM EVENTS.**
- Cut off at 18km mark will be at 09h50. A vehicle will transport the runners to finish area.**
- The use of music players with headphones are not allowed and may result in disqualification.**
- Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.**
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.**
- Brimstone Itheko Sport AC supports the WPA anti-litter campaign and no littering during the race will be tolerated. (No littering allowed 200m beyond refreshment point which will be indicated by the anti-litter campaign board). All litter to be carried to the finish. Your co-operation in achieving this goal will be sincerely appreciated.  
**"Think Twice! Take the Step! Don't Litter!"**
- Brimstone Itheko Sport AC supports recycling and the carrying of litter to the finish, as the objective of our race is to ensure that we recycle at least 75% of the litter produced on the route as well as at the finish.

## RACE INFORMATION

- Ample parking on the Grand Parade and surrounding areas. R20 Parking at Interpark Golden Acre Lower Plein Street. Please arrive early.
- Owners must lock their vehicles and ensure that no items are left on the seats.
- Tog bag facilities will be provided by Biddulphs at users own risk. Cell phones, money and personal jewelry not to be left in tog bags. A special bag card will be issued. **No bag card, no bag.**
- Coca-Cola and water will be supplied at regular intervals on the route.
- Refreshments will be on sale at the finish.
- Lucky draw / spot prizes up for grabs for all races. Winners must be present at prize-giving to claim prizes.

**EACH RUNNER IN THE 21.1KM AND 10KM RUN WILL RECEIVE A DISPOSABLE TIMING CHIP.**

- Entrants participate at their own risk and Slave Route Challenge, Brimstone Investment Corporation LTD, Brimstone Itheko Sport AC, WPA, ASA, City of Cape Town and all sponsors and partners will not accept any liability for any injuries, illness or accidents occurring during or as a result of the race.**

Organised by:



For Further information:

Contact Itheko Event Management: [www.itheko.com](http://www.itheko.com) / [www.itheko.club](http://www.itheko.club) / [zarina@itheko.com](mailto:zarina@itheko.com)

Office: Mon-Fri 10am till 5pm  
Event Communications Manager:

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