

# RACE RULES

1. Minimum age on race day for 21.1 KM is 16 years & for the 10 KM 14 years.
2. Participants must obey instructions of Marshalls and traffic officers.
3. Licenced athletes should wear club colours. Full club colours & permanent licences must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
4. One race number (bib) will be issued. Registered athletes must wear their 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. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
5. 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 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.
6. Age category tags must be worn (front & back) and visible for the entire race to be eligible for any age category prize, including Juniors.
7. Temporary licensed participants are eligible for individual age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
8. Juniors born 2000 or later must display category tags "J" to qualify for age group prizes.
9. Entry cards must be carried for the duration of the race & handed in at the results board at the Finish. Any participant not able to produce an entry card, when asked to do so by a race official, may be disqualified.
10. No personal seconding will be permitted, except at official refreshment stations.
11. Time limit for the 21.1 KM is 3:30 hours & time limit for the 10 KM is 2 hours.
12. Tog bag facilities will be provided at own risk.
13. The organisers and WPA accept no responsibility for any accident or injury resulting from participation in the event.
14. The use of music players with headphones is not allowed and may result in disqualification.
15. This event is held under the rules and regulations of IAAF, ASA and Western Province Athletics, and is organised by Strand Athletics Club
16. Please do not Litter: Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the Finish. Report offenders to the referees. #RunClean.
17. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
18. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
19. Prize giving will take place at 10:30



# SATURDAY 6 APRIL 2019



**leapfrog 21.1km**  
A Western Province  
Half Marathon Championship Race

**Labourwise 10km**  
the employer's choice

## GORDON'S BAY PRIMARY SCHOOL

### START TIMES

LEAPFROG 21.1km 7:00

LABOURWISE 10km 7:30



**ENQUIRIES:** Entry Ninja Call centre: 087 012 5044

Monday to Friday - 09:00 to 15:00

**ONLINE ENTRIES:** [www.entryninja.com](http://www.entryninja.com)



**Closing date for online & In-store entries: Friday, 29 March 2019**

Subject to pre-entries and any participation limits imposed by the relevant authorities, limited entries will be available on race day for both the Leapfrog 21.1km & Labourwise 10km run from 05h15 to 06h45.



THIS EVENT IS HELD UNDER THE RULES AND REGULATIONS OF IAAF, ASA AND WESTERN PROVINCE ATHLETICS & ORGANISED BY STRAND ATHLETICS CLUB

# ENTRY FORM

INDICATE EVENT:

Please Tick

21 1KM

10KM

AGE CATEGORY:

10km Only

21.1km Only

14-19

16-19

20-39

40-49

50-59

60-69

70+

NATIONALITY:

SA ID NUMBER:

FOREIGN NATIONALITY - PASSPORT NO:

D.O.B:

D

D

M

M

Y

Y

Y

Y

AGE:

Please tick

MALE

FEMALE

SURNAME:

FIRST NAME:

ADDRESS:

SUBURB:

CODE:

TEL: (W)

CELL:

EMAIL:

DO YOU BELONG TO A RUNNING CLUB?

YES

NO

CLUB:

2019 LIC NO:

PROVINCE:

T-SHIRT SIZE:

SMALL

MEDIUM

LARGE

XTRA LARGE

X-XTRA LARGE

NUMBER COLLECTION: Please Pick

SPORTSMANS WAREHOUSE RONDEBOSCH

SPORTSMANS WAREHOUSE SOMERSET WEST

SPORTSMANS WAREHOUSE TYGERVALLEY

ON RACE DAY AT REGISTRATION

MEDICAL AID

MEDICAL AID NUMBER

EMERGENCY CONTACT PERSON

CONTACT NO:



# HOW TO ENTER

ENTRIES

1. ONLINE

Enter online at [www.entryninja.com](http://www.entryninja.com) (should you have any enquiries about entering online, please contact Entry Ninja on 087 012 5044 or email [organiser@entryninja.com](mailto:organiser@entryninja.com)). Closing date for online entries, is midnight on **Friday, 29 March 2019**. Please note if payment is not received within 7 days of entry, your entry will be deleted.

2. IN-STORE

At any Checkers or Shoprite Computicket Kiosk. Please note that T-shirt orders will **NOT** be available with In-store entries. Closing date for In-store entries is **Friday, 29 March 2019**.

3.ON-THE-DAY ENTRIES

Subject to pre-entries and any participation limits imposed by the relevant authorities, limited entries will be available on race day for both the Leapfrog 21,1km & Labourwise 10km run from 05h15 to 06h45 at Gordon's Bay Primary School.

CONFIRMATION OF ENTRY

1. Online & In-store entries will receive a confirmation e-mail (if an e-mail address is provided by you)

2. Prior to the number collection you will receive a sms indicating your race number and number collection venue selected on your entry form.

3. Please bring proof of your entry, e-mail confirmation or sms confirmation with you to the number collection at the store you selected on your entry form.

NUMBER COLLECTION

1. Number collection for In-store and online entries will take place on **Friday, 5 April 2019** from 11:00 - 18:00 at the following venues:

SPORTSMANS WAREHOUSE RONDEBOSCH

SPORTSMANS WAREHOUSE SOMERSET WEST

SPORTSMANS WAREHOUSE TYGERVALLEY

ON RACE DAY AT REGISTRATION

2. NUMBER COLLECTION IS COMPULSORY FOR ALL PRE-ENTRANTS!

START TIMES

1. 21.1 KM.....7:00 am - Medals to the first 2000 Leapfrog 21.1 km finishers. WPA medals will be awarded to all category winners, except for Juniors. WPA incentives can also be earned.

2. 10 KM.....7:30 am - Medals to the first 1000 LabourWise 10 km finishers.

START VENUE

Both the 10 KM and 21.1 KM race will start and finish at the Gordon's Bay Primary School.

PRIZE MONEY STRUCTURE

Open Team Prize: Leapfrog 21.1 km ONLY: First 4 (Four) Male and First 4 (Four) Female will each receive R200

PRE-ENTRIES: [www.entryninja.com](http://www.entryninja.com)

**IN-STORE ENTRIES:**  
At any Checkers or Shoprite Computicket Kiosk  
Please note that T-shirt orders will **NOT** be available with In-store entries.

**Closing date for online & In-store entries: 29 March 2019**

**A 9% service fee is charged when entering online**

## INDEMNITY / VRYWARING

I agree to enter and participate in the Leapfrog 21.1 km race and LabourWise 10 km run entirely at my own risk and indemnify the organisers, sponsors, WPA and any person assisting in the organisation of the race against any claim whatsoever. I understand that I must be medically fit to run this race. I declare that I am 14 years or older (10 km) or 16 years or older (21.1 km).

Signed: \_\_\_\_\_  
Signature of parent or guardian if under the age of 18: \_\_\_\_\_

EVENT	FEE	TOTAL
21.1 km Run/Walk Licensed	R 110.00	
21.1 km Run/Walk Unlicensed	R 170.00	
21.1 km & 10 km Run/Walk 70+ Licensed	FREE	
21.1 km Run/Walk 70+ Unlicensed	R 60.00	
10 km Run/Walk Licensed	R 60.00	
10 km Run/Walk Unlicensed	R 100.00	
10 km Run/Walk Licensed Junior	R 50.00	
10 km Run/Walk Unlicensed Junior	R 75.00	
10 km Run/Walk +70 Unlicensed	R 40.00	
Moisture Management T-Shirt	R 270.00	
TOTAL		

21.1KM MALE AND FEMALE			
	1ST	2ND	3RD
OPEN	R 1 500	R 1 300	R 1 100
40-49	R 1 100	R 900	R 700
50-59	R 1 100	R 900	R 700
60-69	R 1 100	R 900	R 700
70+	R 1 100	R 900	R 700

10 KM MALE AND FEMALE			
	1ST	2ND	3RD
OPEN	R 450	R 400	R 300
JUNIOR	R 400	R 350	R 250
40-49	R 300	R 250	R 200
50-59	R 300	R 250	R 200
60-69	R 300	R 250	R 200
70+	R 300	R 250	R 200

**Goody Bags will be awarded to the first 1800 21.1 km finishers & first 700 10 km finishers**