

Hosted by Hewat AC

Cape

Town Festival of Running 2024

13 July- 5 x 5 Relay at 12 pm (report 11:30)
13 July - 50km at 7:00 am
14 July - 21km 7:30 am

DISCOUNT ON ACCOMODATION WITH RIVIERA SUITES SEAPOINT

All participants qualify 25% discount. See T&C attached

ENTER ONLINE WITH PEAK TIMING

**50km - R330 (fee incl refreshments)
21km- R190, 70+age discount 50%**

5x5km relay- R350, Junior R300

Long sleeve Tshirt - R260

CALL:

0845932434

Info@hewatac.co.za

MORE CONTACT INFO:

ctrunningfest (Instagram) CTFoR (FB)

Registration:

Venue: Sea Point Promenade Opp SABC building.

Friday 12 July from 3pm

Saturday 13 July from 5:30 am

Sunday 14 July from 5:30 am



Tekkie Town



RIVIERA SUITES





Cape Town Festival of Running General Information 13 July—14 July 2024

**Limited 21 km entries
available on race day**

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

Date of the Race: The race will be run on Saturday 13 July 2024 (50km time 7h00) and Sunday 14 July 2024 (21km time 07h30) on the Promenade, Sea Point (opposite SABC) near the Registration Marquee.

21km Temp Licence fee: R75

50km Temp Licence fee: International runners R85

Closing Date of Entries: Online entries are limited to 2000 (21km) and 500 (50km).

- Pre-entries closing date: **28 June 2024** without T-shirt order (or until capacity is reached)
- Pre-entries closing date: **20 June 2024** if T-shirt order is included in entry.

T-shirt order after this date, will only be available after the event.

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.

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 14 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 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 license holders for the **21km participants** must complete and hand in the torn off strip from the number to be eligible to compete when registering.

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 50km ultra is 10 hours. You must retire at 17h00 wherever you are.

Briefing: The 50km runners are required to attend the important briefing session on Saturday morning 13 July 2024 at 06h30 in the Marquee.

Eligibility to Participate: 21km- You must be 16 years old or older on the date of the race. **50km** - You must be 20 years old or older on the date of the race in terms of WPA rules. To participate in the 50km Ultra event, you **MUST** be a member of a registered club. Temporary license is **ONLY** for International runners. Local runners must belong to a running Club and cannot purchase a temporary licence. Registered club members should wear club colours. Valid 2024 licenses must be worn, one on the front and one on the back of their running vest. All participants will receive a race number with timing chip. This number must be worn on the front of the vest partially covering the 2024 ASA license number so that the ASA License sponsor is visible.

Age Category Tags: To be eligible for age category prizes, runners must wear numerical age category tags on the front and back of the Vest. Temporary license 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.

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

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. De-

Prize Money

CTFoR Prize Money

21 KM					50 KM	Relay					
Open Men & Female	40-49	50-59	60-69	70 +		Schools:		Corporate Teams	Clubs OPEN: Men & Female	Clubs 40+ Men & Female	Clubs Junior: Men & Female
Men & Female	Men & Female	Men & Female	Men & Female	Men & Female	Men & Female	Primary School	High school				
1.R2200	1. R600	1. R600	1. R600	1. R600	1.R2000	1.R1000	1.R1000	1.R1000	1. R750	1. R750	1. R500
2.R1200	2. R500	2. R500	2. R500	2. R500	2. 1250	2.R750	2.R750	2.R750	2.R600	2.R600	2.R400
3.R700	3. R400	3. R400	3. R400	3. R400	3. 750	3.R500	3.R500	3.R500	3.R500	3.R500	3.R300
4.R500											

Prize Giving: 21km and 50 km at 11am Sunday 14 July 2024. Prize money will be deposited into the category winner's bank accounts.

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 50km – 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.

Refreshments Station: Refreshment Stations will be located at regular intervals on the route (50km only) 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.

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.

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.

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

A mechanical aid of any nature will not be permitted.

Runners to obey traffic officers, race marshals, officials at all times.

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

Timing/ Results: The 50km, 21km and 5x5 Relay will be electronically timed with PEAK TIMING Service Provider.





5x5km Relay Information



Closing Date of Entries: Online entries are limited to 300 teams. Pre-entries closing date: **28 June 2024**. Late entries will be done on Friday 12 July 2024 (if capacity was not reached) .

Date of the Race: Relay will start on Saturday 13 July at 12:00 noon, teams to be report 11:30 am.

Relay Cut-off Time: 17h00

To Qualify for team prizes, a team must consist of 5 registered members of the same Club, company, or school. Proof of this may be required before prizes are issued. Teams unable to comply with this rule may still participate but will not compete for prizes. This allows teams to consist of anything from 1-5 persons. This includes persons running for more than one team.

Eligibility to Participate: There is no minimum age for participation in the relay, but children under 12 years must be accompanied by an adult when competing.

Club/company/school vest or outfit, visibly displaying Race number issued on the upper body must be worn while running.

The Relay number issued must be worn on the front of the vest or top. **Licensed club athletes** to wear their 2024 license number on the BACK.

Club Juniors (born 2005 or later) wearing a junior or Senior license, must display age tags (J) to qualify for Junior's age group prizes. Juniors must provide proof of age.

Club Junior teams competing for category prizes money, **MUST** consist of registered juniors & wear their age tags. 40+Club teams competing for prize money must consist entirely of 40+ Athletes and wear their age category tags. Open teams can consist of any runners of any age. Any mixed gender team will be classified as a "Mens" team for prize money purposes.

Relay Vetting: Corporate, Primary Schools and High and schools' teams are eligible for prize monies. Vetting could be done for Primary and High schools before handing out of prize monies.

Changes to Entries: No changes allowed between Team categories allowed on or prior race day.

No mobile seconding/pacing will be allowed and will result in the disqualification of the entire team.

The electronic device must always be carried by the team during the event.

Relay Handover: The electronic device may **ONLY** be handed over in the DEMARCATED change over zone. Failure to do either will result in disqualification.

Team Managers OR Captains **MUST** collect their numbers, timing device (which will be loaned to you) and final written instructions during registration on Saturday from 8h00 till 11H30 in the Race Marquee. You must produce a printout of your online entry or cash slip. At 11H30 an important captains or Managers briefing will take place in the marquee.

Dispute: An Electronic timing system will do lap recording. The chief referee shall be the final arbiter in the resolving any dispute.

Final Team composition and order of runners **MUST be submitted in writing at registration.**

The normal water and Coke will be provided at the mid-point of the loop and the finish.

Club, Corporate Teams or school Gazebo may be erected (at no cost) on the lawns around the Marquee in designated areas.

Entry fees will not be refunded if the team withdraw themselves from the relay.

The organisers reserve the right to adjust or reclassify the category of a team during registration or for results. They may also extend the cut-off date for entries, at their discretion.

Medals will be awarded to all members of a team completing the relay.

Managers or team captains are to collect their awards in the marquee at 17h00

A medical facility to deal with emergencies.

SAFETY: For safety reasons the use of personal music players, headphones during the road races is not allowed.

All Schools team members must be under the supervision of an adult, whose name must be furnished under / alongside that of the team Captain or manager.

ELECTRONIC CHIP TIMING: Each team will be supplied with a timing device that will be given on loan. This needs to be returned to an appointed official by cut-off time at 17H00. The captain will be held responsible for the replacement cost of R100.

General:

Gazebo/tents on the Lawn rule: Ample space on the lawns near the main marquee is available for clubs and supporters to set up gazebos.

PARKING – NO Vehicles are allowed on the lawns at any time! Use public parking spaces in the surrounding area.

No vehicle, caravans, gas equipment or open fires are permitted on the lawns. Alcohol consumption on the lawns is also forbidden. These offences are punishable in terms of the City by laws.

General refreshments will be on sale for participates and supporters.



CTFoR participants are eligible for a 25% discount at Riviera Suites.

Terms and Conditions:

You have to be a participant in any of the events during 13-14 July 2024.

When making your reservation use : CTFoR and your booking confirmation number e.g. 'CTFoR—OR7359876'

For a comprehensive list of accommodation contact: Cape Town Tourism, Burg Street, Cape Town

Tel: 021 487 6800 Fax 021 487 6899 .

Our Official T-shirt 2024:

Unisex Size Chart		
Size	Chest	Length
X Small	50cm	69cm
Small	53cm	71cm
Medium	55cm	74cm
Large	58cm	76cm
X Large	60cm	79cm
XX Large	64cm	81cm
XXX Large	68 cm	84cm

Please add 1-2 cm for manual measurement.



Our Charity:

This year's race beneficiary:



ctrunningfest

Cape Town Festival of Running (FB)

General Enquiries: Info@hewatac.co.za

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

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

Club Secretary: Rushdah Tregonning Tel: 0845932434 Email: rtregonning2@gmail.com

DISCLAIMER: Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletics bodies, and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event.