



# 29<sup>TH</sup> TOKAI MANOR HOUSE RUN

## SUNDAY 24 NOVEMBER 2024

16km  
8km Fun Run

starts 6.30am  
starts 6.45am

Venue: Cape Academy of Maths, Science and  
Technology, Firgrove Way

GPS -34.0494151,18.4280964

### ENTRY FEES

16km	Registered Runners	R110
16km	Unregistered Runners <i>includes a temporary licence R65</i>	R175
8km Fun Run	All Runners – no licence reqd	R90
<i>Registered Runners over 70 years of age may enter for free by showing their Identity Document at registration on the day</i>		

Please carry  
your own water.  
There will be  
self-help refill  
stations.

### WATER AND LITTER

As this event is run on the Tokai Greenbelts it has been declared a plastic free event with special permission of the WPA Road Running Commission. There is a strict no-litter policy in place and **NO WATER SACHETS** on the route. Do not litter. Please dispose of litter responsibly by using the boxes provided or carrying litter to the finish. Report offenders to the referees. In the spirit of #RunClean, **please provide your own** full water bottle, 500ml recommended.

There will be **SELF-HELP** water refill stations approximately every 4kms. Water to be self-filled at water stations – **no cups are provided.**

#RunClean ~ #BringYourOwnBottle ~ #RunGreen



*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.*

### SUPPORT CAPE ACADEMY

Support the pupils of CA by donating personal toiletries in the donation box at the race (soap, deodorant, pads, toothbrush, toothpaste etc.), or by making a financial donation when you enter.

# TOKAI MANOR HOUSE INFORMATION

## ENTRIES

Enter online at [www.entrytime.com](http://www.entrytime.com) until midnight Wednesday **20 November 2024**. Online entries will incur a 6% administration fee.

Enter in person / collect numbers at

### Sportsman's Warehouse Rondebosch

Saturday 23 Nov between 10am – 3pm.

This is a cashless race for safety reasons - online entries or alternatively manual entries (Card machine) at Sportsman's Warehouse.

Number collection also available on the day from 5:15am – 6:15am.

## SUBSTITUTIONS / REFUNDS

We regret there will be no refunds.

You may arrange your own substitution provided that the completed race entry card reflects the details of the person that participated.

**DO NOT** run in somebody else's licence number, you **WILL** be disqualified.

## LICENCES AND RACE NUMBERS

### 16km

A 16km race number (bib) will be issued.

**Registered runners** must wear their ASA licences on the front and back of the 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.

**Unregistered runners** must purchase a temporary licence to be worn on the back with the race number worn on the front.

### 8km Fun Run

An 8km race number (bib) will be issued and must be worn on the front. **No licence numbers are necessary.**

## RACE ENTRY CARDS

Your race number has a "race entry card portion" which you should complete at number collection. At the end of the race, tear off the portion of the race number that is your race entry card, insert into the sachet provided at the finish.

## CUT OFF TIMES

After three and a half hours, the team will start packing away. This will be 10h00. There will be a tail sweeper in club colours on both distances.

## ROUTE

Both routes are flat and a crossover of tar, trail and single track through the Tokai Greenbelts. Trail shoes are not required. We regret the routes are not suitable for prams or wheelchairs and that **no dogs** are allowed.

## MINIMUM AGES

### 16km

Entrants for the 16km race must be 16 years old or older on race day.

### 8km Fun Run

Entrants for the 8km Fun Run must be 8 years old or older on race day. Entrants in the 8km Fun Run under 12 years old must be accompanied by an adult.

Note: the 8km route is not suitable for strollers.

## TRAFFIC & PARKING

Parking is available on the field opposite Cape Academy. There is an entrance on Firgrove Rd as well as an entrance on Spaanschemat Road. Traffic is always a challenge, please be patient. In keeping with the green spirit of the race, please help us by sharing lifts and aiming to arrive before 5:30am even if you already have your number. Parking is at own risk. **Please do not leave valuables in your car. Use the tog bag facility.**

## MARSHALS

Please obey instructions from marshals and other officials. Be courteous to other runners.

## TOG BAG SECURITY

Available at Cape Academy. Tog bags stored at own risk.

## NO RUNNING WITH HEADPHONES

WPA rules do not allow for the use of headphones.

## PRIZES

There are no finishing or category prizes. There are some spot prizes. Exchange your race entry card for a TMH hand towel at the end of the race. Towel numbers are limited, the first 1000 finishers are guaranteed towels on the day.

## REFRESHMENTS

There will be refreshments on sale.

Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.  
Enquiries via WhatsApp: Vanessa le Borgne 082 468 0011 or Gavin Craig 076 569 6898

**REMEMBER: BRING YOUR OWN WATER ~ SHARE A LIFT ~ ARRIVE EARLY\*HAVE FUN\***

The race is run according to the rules of the ASA and WPA.  
Organised by Southern Striders Athletic Club with the support of the Cape Academy.



**MANZI**