



# SPARTAN HARRIERS

FIRGROVE CHALLENGE

HALF MARATHON



## WITH DISCOVERY VITALITY INCORPORATING THE PHILIP RABINOWITZ MEMORIAL WALK

**DISTANCES**

- 21.1KM** 05:45am - cut off 09:15am
- 10KM RUN** 05:50am - cut off 08:00am
- 10KM WALK** 06:10am - cut off 08:30am
- 6KM FUN RUN** 07:15am - cut off 09:00am

SATURDAY  
**1<sup>ST</sup> FEB**  
**2020**

**STARTING VENUE:**

Cape Academy For Mathematics,  
Science & Technology  
Corner Of Firgrove &  
Spaanschemat Road, Constantia  
TEL: 021 511 7130  
EMAIL: info@topevents.co.za  
www.spartanharriers.co.za

**ENTER ONLINE:** [www.topevents.co.za](http://www.topevents.co.za)  
*A SERVICE FEE IS CHARGED WHEN ENTERING ONLINE*

[www.spartanharriers.co.za](http://www.spartanharriers.co.za)

CLOSING DATE FOR ONLINE ENTRIES: **MIDNIGHT ON 26<sup>TH</sup> JANUARY 2020**

CLOSING DATE FOR IN-STORE, FAX & OFFICE ENTRIES: **19<sup>TH</sup> JANUARY 2020**



# ENTRY FORM



INDICATE EVENT	Please Tick						21.1KM	10KM RUN	10KM WALK	6KM FUN RUN				
AGE CATEGORY	JUNIOR	20 - 39	40 - 49	50 - 59	60 - 69	70 +								
ID NUMBER														
DATE OF BIRTH	D	D	M	M	Y	Y	Y	Y	AGE			Please Tick	MALE	FEMALE
SURNAME														
FIRST NAME														
CELL NUMBER									POSTAL CODE					
NATIONALITY														
EMAIL														
MEDICAL AID														
MEDICAL AID NUMBER														
EMERGENCY CONTACT PERSON														
EMERGENCY CONTACT NUMBER														
ARE YOU A DISCOVERY VITALITY MEMBER?									YES			NO		
WHAT IS YOUR DISCOVERY VITALITY MEMBER NUMBER?														
DO YOU BELONG TO A RUNNING CLUB?									YES			NO		
CLUB												2020 LIC #		
PROVINCE														
NUMBER COLLECTION PLEASE TICK	SPORTSMANS RONDEBOSCH	SPORTSMANS TYGERVALLEY	SPORTSMANS TOKAI	SPORTSMANS SEA POINT										
T-SHIRT SIZE	SMALL	MEDIUM	LARGE	X-LARGE	XX-LARGE	YES			NO					

By entering the Spartan Harriers Firgrove Challenge which forms part of the Discovery Vitality Run Series, you agree to share relevant personal information with Discovery Vitality.

**FAX ENTRIES:**  
 Deposit in favour of:  
 Baleka Sport Marketing and Development  
 Bank: Nedbank Pinelands  
 Branch code: 104709  
 Account: 1039754767  
 Deposit Ref: Name & Surname  
 Fax entry form and deposit slip to:  
 021 510 7230

PAYMENTS	21,1KM	10KM RUN	10KM WALK	10KM JUNIOR	6KM FUN RUN	TOTAL
ENTRY FEE (LICENCED) <small>Includes compulsory disposable timing chip at R25.00</small>	R135	R95	R95	R75	R65	
ENTRY FEE (UNLICENCED) <small>Includes compulsory disposable timing chip at R25.00</small>	R195	R135	R135	R100		
CHARITY DONATIONS						
T-SHIRT	R235	R235	R235	R235	R235	
<b>TOTAL</b>						

**A SERVICE FEE IS CHARGED WHEN ENTERING ONLINE.**

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

**Indemnity:**  
 I agree not to hold the Spartan Harriers Half Marathon Race Committee, Spartan Harriers Half Marathon Life Assurance, Spartan Harriers, Top Events, Western Province Athletics or any other sponsors or persons assisting with the organization of this event liable for any injury, illness or loss, which I may suffer directly or indirectly as a result of participating in the race.

# HOW TO ENTER

## ONLINE:

Enter online at [www.topevents.co.za](http://www.topevents.co.za) (for enquiries, please contact Top Events: (021) 511 7130 or [info@topevents.co.za](mailto:info@topevents.co.za)). Closing date: Midnight on Sunday 26th January 2020. Please note if payment is not received within 72 hours of entry, your entry will be deleted.

## FAX:

Complete your entry form and fax it along with your deposit slip to (021) 510 7230. Closing date: Sunday 19th January 2020.

## INSTORE ENTRIES:

Hand deliver your entry form and cash entry fee to a cashier in any of the Sportsman's Warehouse stores marked below.

You will receive 2 till slips, one to be stapled onto your entry form and the other as proof of your entry.

Please bring this with you to number collection. Closing date: Sunday 19th January 2020.

You can enter at the following Sportsmans Warehouse stores in the Western Cape:

- Sportsmans Warehouse Canal Walk
- Sportsmans Warehouse Rondebosch
- Sportsmans Warehouse Somerset Mall
- Sportsmans Warehouse Tokai
- Sportsmans Warehouse Tygervalley
- Sportsmans Warehouse West Coast
- Sportsmans Warehouse Stellenbosch
- Sportsmans Warehouse Sea Point

NO entries will be taken at number collection or on race day.

PLEASE NOTE THAT THE INDEMNITY SECTION NEEDS TO BE SIGNED IN ORDER FOR YOUR ENTRY TO BE PROCESSED.

Entry fees are non-refundable and will be donated to charity, if an entry is cancelled before race day.

## CONFIRMATION OF ENTRY:

- Fax and online entries will receive a confirmation email (if an email address is provided by you)
- Prior to number collection you will receive a sms, indicating your race number and the registration venue you selected.
- Please bring proof of your entry, email confirmation or sms confirmation with to Number Collection on Friday 31st January 2020 from 10h00 - 18h00

## NUMBER COLLECTION:

- Number collection for fax, in-store and online entries will take place on Friday 31st January 2020 from 10h00 – 18h00 at:
  - o Sportsmans Warehouse Rondebosch
  - o Sportsmans Warehouse Tygervalley
  - o Sportsmans Warehouse Tokai
  - o Sportsmans Warehouse Sea Point

NO UPGRADES, DOWNGRADES OR SUBSTITUTIONS WILL BE DONE AFTER THE CLOSING DATE OF 19th January 2020.

## TOP EVENTS COMPULSORY DISPOSABLE TIMING CHIP:

Your Timing chip has been placed on the front of your race number. The race number must be worn on the front of your vest and visible at the finish line. There is a foam backing on the back of the race number. Please do not remove the timing chip and foam strip from the race number – doing so will result in NO finish time. For safety and timing purposes, ONLY the person assigned to this race number may use it. For all results or results queries please call 021 511 7130 or email [support@finishtime.co.za](mailto:support@finishtime.co.za)

## START TIMES:

21.1km 05:45am - cut off 09:15am

10km Run 05:50am - cut off 08:00am

10km Walk 06:10am - cut off 08:30am

6km Fun Run 07:15am – cut off 09:00am

## MEDALS:

- 21.1km: Gold: 1-5, Silver: 6-50, Bronze: All finishers before cut off time
- 10km Run: Gold: 1-5, Silver: 6-50, Bronze: All finishers before cut off time
- 10km Walk : Gold: 1-3 Silver: 4-20, Bronze: All finishers before cut off time
- 6km: Medals to all finishers

## START AND FINISH VENUE:

Cape Academy for Mathematics, Science & Technology Centre  
(Cnr of Firgrove & Spaanschemat Road, Constantia)

## PRIZE MONEY:

1. Prize giving will take place at 09H30 where category winners will receive their prizes, followed by the lucky draws.
2. Juniors (born 2001 or later) must be under the age of 20 as at the 31st December 2020.
3. Participants must be present with their race number to claim prizes in the lucky draw.

## PAYMENTS MONEY STRUCTURE

### 21KM MALE & FEMALE

	1st	2nd	3rd
OPEN	R3 500	R2 500	R1 700
40 - 49	R 900	R 600	R 350
50 - 59	R 900	R 600	R 350
60 - 69	R 900	R 600	R 350
70 +	R 900	R 600	R 350
OPEN TEAM PRIZE	4 X R 250		

### 10KM MALE & FEMALE

	1st	2nd	3rd
JUNIOR	R 950	R 650	R 400
OPEN	R2 000	R 1 300	R 800
40 - 49	R 525	R 375	R 250
50 - 59	R 525	R 375	R 250
60 - 69	R 525	R 375	R 250
70 +	R 525	R 375	R 250
OPEN TEAM PRIZE	4 X R 150		

### 10KM WALK MALE & FEMALE

	1st	2nd	3rd
OPEN	R 550	R 350	R 250



T-SHIRT  
R 235



[www.discovery.co.za/vitality/runseries](http://www.discovery.co.za/vitality/runseries)

# RACE RULES

1. The Spartan Harriers Half Marathon is run in accordance with the rules of ASA and WPA.
2. The Spartan Harriers Half Marathon half marathon & 10km races are open to all licenced and non-licenced runners of 16 years and older for the Half Marathon and 14 years and older for the 10km.
3. Licenced runners should wear club colours. Official event race number to be worn on the front. 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
4. Temporary licences are available at R60 for the 21.1km and R40 for the 10km Senior and R25 for 10km Junior events.
5. Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
6. Unlicenced runners must wear plain clothes (no advertising permitted). Official event race number to be worn on the front and the temporary licence number on the back.
7. Personal seconding is not permitted except at official refreshment stations. Private vehicles are requested not to follow the athletes on the route.
8. 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 club vest. Participants may enter the age category corresponding to their chronological age or any younger category up to senior.
9. Proof of age is required for category prizes.
10. Club colours must be worn to qualify for team prizes.
11. Juniors (born from 2001 or later) wearing a junior or a senior licence must wear an age category tag to qualify for age group prizes.
12. No swapping of race numbers as the race number is linked to your name and finishing time and may result in your disqualification.
13. Each race distance has a different race number range and colour with your data captured electronically. Do not transfer between races without notifying the race organisers.
14. All traffic officers and marshals must be obeyed.
15. The race organisers reserve the right to accept or reject any entry.
16. Foreign athletes must comply with IAAF rule 4.2 and all relevant race and domestic rules.
17. The entry fee is non-refundable.
18. Kilometre markers will be placed at each kilometre mark.
19. Refreshment stations will be situated approximately every 3km along the route.
20. Medals will be handed to all finishers.
21. There will be tog bag facilities. Bags dropped off at runners' own risk. The organiser will be not be held responsible for any loss or damages.
22. Toilets will be available at the start and finish.
23. Prize giving will take place at 09h30.
24. Results will be available at [www.topevents.co.za](http://www.topevents.co.za) and [www.wpa.org.za](http://www.wpa.org.za)
25. The use of music players with headphones is not allowed and may result in disqualification.
26. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
27. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize including Juniors.
28. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
29. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
30. 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.



# CHARITY

The Western Cape Education Department (WCED) has established the Cape Academy of Mathematics, Science and Technology in Cape Town to provide specialised schooling for learners with the potential to excel in these subjects in the Senior Certificate examinations. The Academy accepts both day learners and boarders, and is situated in attractive surroundings in Firgrove Road, Constantia, Cape Town. The Academy draws learners from all communities, with an emphasis on those from previously disadvantaged communities. While focusing on mathematics and science-related subjects, the Academy offers a full range of matriculation subjects. The school started in 2004 with learners in Grade 10. The Academy forms part of a broad WCED Mathematics and Science Strategy to improve results in these subjects throughout the province. The school seeks to increase the number of Senior Certificate candidates passing mathematics and science on the higher grade.

**RACE DIRECTOR: MICHAEL ADAMS 083 296 5953**



[www.discovery.co.za/vitality/runseries](http://www.discovery.co.za/vitality/runseries)