



R45
ENTRY FEE



CAPE TOWN BIG WALK



**SUN 22
MARCH**

**G R E E N
P O I N T**

START: **OUTSIDE
CAPE TOWN STADIUM**

CLOSING DATE:
Monday 16 March 2020

MEDIA
PARTNERS:



Cape Argus

ENTER ONLINE:

www.webtickets.co.za

BENEFICIARIES:



STRATEGIC PARTNER:



RACE INFORMATION

ENTRIES
CLOSE:
**MON 16
MARCH
2020**

8 KM FUN RUN
STARTS 7:15am
10 KM WALK
STARTS 7:30am

**5 KM
WALK**
STARTS 8:00am

Twitter : @CTBigWalk
Facebook : /CapeTownBigWalk
Instagram : CTBigWalk

For further information : 021 637 1607 WhatsApp or Message us : 071 051 9460

HOW & WHERE TO ENTER

- 1 Online** at www.webtickets.co.za. Contact Webtickets on (021) 834 5000 for queries
- 2 Download** an entry form off our website: www.capetownbigwalk.com
- 3 Goody Bags**
will be given to the first **15 000 Walkers** entering before the closing date.
- 4 Get an Entry Form** (enter and pay), at the following **Entry Points**:
 - Cape Town Big Walk, 3 Mavis Rd, Rylands Estate
 - Winners Supermarket, Mitchell's Plain
 - Taz Boutique, Gatesville
 - Selected Tekkie Town stores in the Cape Peninsula
 - Panarottis - Kenilworth Centre & Vangate Mall
 - Spitfire, Kromboom Centre
 - Islamic Library, Gatesville and Paarl mosque
 - Honey's Stationery & Print, Vangate Mall, Gatesville and Ottery Hyper
 - Academia Library at Islamia College
 - Participating schools & organisations contact CTBW offices 021 637 1607 or 071 051 9460

ENTRIES & PAYMENT INFO

Email entries and proof of payment:
entries@capetownbigwalk.com

WhatsApp entries and proof of payment:
071 051 9460

Bank details for EFTs (NO Cash Deposits)

Name of Bank: First National Bank (FNB)
Account Name: Cape Town Big Walk
Branch: Lansdowne
Brand Code: 203209
Account No: 59173321158
Please use your surname as the reference.

**ONLY CASH PAYMENTS ACCEPTED
AT STORES LISTED ABOVE IN POINT 4**

CLOSING DATE
Monday 16 March 2020 (all entries)

RACE REGISTRATION & EXPO DATES: 19-21 March 2020

Food and refreshments will be on sale at the expo when you collect your race numbers and Goody Bag on **presentation of your receipt.**

Date & Time

Thursday 19 March	17:00 – 21:00
Friday 20 March	17:00 – 21:00
Saturday 21 March	10:00 – 14:00

Venue

The College of Cape Town, Crawford Campus, Corner Kromboom & Thornton Road, Crawford

ALL RACES START IN FRITZ SONNENBERG ROAD

Date: Sunday 22 March 2020

Starting Times:

8km Fun Run:	7:15am
10km Walk:	7:30am
5km Walk:	8:00am

Wheelchair bound and pram participants:

7:00am: lined up at the front of the start line
Start: 10 minutes before official start of the 10 km walk

ENTRY FORM

PLEASE COMPLETE ONE ENTRY FORM PER PARTICIPANT.

RECEIPT NO

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WHICH EVENT/S ARE YOU ENTERING FOR:

WALKING

5km

10km

RUNNING

8km

DATE OF BIRTH

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MALE

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FEMALE

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FIRST NAME

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SURNAME

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POSTAL CODE

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MOBILE

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LANDLINE

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EMAIL

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EMERGENCY CONTACT PERSON

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CONTACT NO.

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RELATIONSHIP

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IF YOU DO NOT WISH TO RECEIVE FUTURE MARKETING MATERIAL FROM THE CTBW, PLEASE TICK THE BOX

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NAME OF SCHOOL/ORGANISATION

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I WOULD LIKE TO MAKE A VOLUNTARY DONATION TO: THE RED CROSS CHILDRENS HOSPITAL

R

YES

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NO

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THE PINKDRIVE

R

ACADEMIA LIBRARY

R

CASH PAYMENT

☐

EFT

☐

SAARTJIE BAARTMAN CENTRE

R

HAVE YOU PARTICIPATED IN THIS WALK BEFORE?

☐☐

TOTAL DONATION

R

Your receipt must be presented when you collect your race number.

ENTRY FEE

R

45.00

TOTAL AMOUNT

R

RELEASE AND WAIVER: I agree not to hold the organisers of the Wholesun Bread Cape Town Big Walk presented by Double 'O' Cooldrinks, or any of their sponsors or any persons assisting in the organisation of the event liable for any injury, illness, loss of life, damage to property or loss of property which I may suffer directly or indirectly as a result of participating in the event.

SIGNATURE

PARENT/GUARDIAN IF UNDER 18

R45
ENTRY FEE

GOODY BAGS to the
1st 15 000 Walkers
Entering before the
closing date

Medal,
Polar Sucker &
a Double "O"
cooldrink to all
finishers!

A WATER WISE EVENT
as well as EXCITING ENTERTAINMENT
PROVIDED EN-ROUTE



RULES & IMPORTANT INFORMATION

RULES

1. The Wholesun Bread Cape Town Big Walk 2020 presented by Double 'O' Cool-drinks is run in accordance with the rules of Western Province Athletics (WPA).
2. The event organisers and event committee reserve the right to cancel the event if, in its sole discretion, decides to do so in the public interest.
3. Entry fees are non-refundable.
4. If payment is not received within 7 days of entry, your entry will be deleted.
5. Race number must be pinned to front of your shirt.
6. The indemnity section must be signed in order for your entry to be processed.
7. The event organisers reserve the right to accept or reject any entry.
8. All traffic officers and marshals must be obeyed at all times.
9. Toilets will be available at the start and finish.
10. Kilometre markers will be placed at each kilometre.
11. **Refreshment station** will be at the **5km mark ONLY**.
12. A Medal, Double 'O' cooldrink and a Polar Sucker given to all finishers with race number attached to their shirt.
13. Winners must be present at the prize ceremony for prize eligibility.
14. Prizes are not transferable and cannot be exchanged for cash.
15. Goody bags will be handed to the first 15 000 walkers entering.
This will be monitored by DATE and NOT RACE NUMBER.

MEDICAL FACILITIES

Professional Emergency and other services will be provided. Medical Personnel, including a Cardiologist, Doctors, Physiotherapists etc will be on duty courtesy of Islamic Medical Association (IMA).

ANTI-LITTERING

Please refrain from littering along the route.
Bins will be provided at various points along the route.

WATER CONSERVATION

Event and Walkers contribution

1. There will be no water tables on the route
2. 500ml Bottled Water (sufficient for a 10km Walk) will be placed in every goody bag collected at the Expo and registration, which must be brought with you to the Big Walk. **Conserve, waste not.**
3. Please **DO NOT** dispose of the water or water bottle irresponsibly.

PRIZE GIVING CEREMONIES

DATE: Sunday 22 March 2020

8km Run Prize Giving: 09:00 – 09:30 am

5km & 10km Walk Prize Giving: 11:00 – 12:00 am

Spot Prizes to be collected no later than 11:00 am at the stage.

Fantastic prizes up for grabs: (Subject to change)

- OVERSEAS TRIP FOR TWO PERSONS
- 55" HD LED SMART TV sponsored by Taj Radio & TV
- 2 x Android tablets
- Educational bursary valued at R12000 sponsored by The College of Cape Town
- Walking/Running shoes sponsored by Tekkie Town
- Mountain bikes sponsored by Dragon Gas
- Many More High Value Prizes & Spot Prizes.

SUB SPONSORS



AFRICA MUSLIMS AGENCY

The Agency That Cares
www.africamuslimsagency.co.za

