



SUNDAY 13 JAN 2019

30KM at **05H30**, Camps Bay High School & finishing at the field below the Glen Country Club

30KM ENTRY FEES, CLUB MEMBER R148.20, NON-CLUB MEMBER R216.60

15KM at **06H30**, Hout Bay Harbour & finishing at the field below the Glen Country Club

15KM ENTRY FEES, CLUB MEMBER R102.60, NON-CLUB MEMBER R159.60

No entries / number collection will take place on race day

ENTER ONLINE:

WWW.TOPEVENTS.CO.ZA

ENTRIES CLOSE AT MIDNIGHT ON 3 JANUARY 2019

KINDLY NOTE THAT THIS IS AN ONLINE ENTRY ONLY EVENT

MEDALS TO THE FIRST 6000 FINISHERS

ENTRIES LIMITED TO THE FIRST 6000 ENTRANTS

For Enquiries contact Top Events on 0215117130 or entries@topevents.co.za



HOW TO ENTER

1. **ONLINE:** Enter online at www.topevents.co.za. Should you have any queries about entering online, please contact Top Events on (021) 511 7130 or email entries@topevents.co.za. Closing date for online entries is midnight on 3 January 2019.

Please note that a service fee is charged when entering online.

2. **No entries will be taken at number collection or on race day!**

3. **Manual entries can be done telephonically by calling Top Events on 0215117130 20th December 2018.**

ENTRY FEES (+ online admin fee)

	Manual	Online		Manual	Online
30km Club Member	R130,00	R148,20	30km Non-Club Member	R190,00	R216,60
15km Club Member	R90,00	R102,60	15km Non-Club Member	R140,00	R159,60

A Admin Fee is charged when entering online.

Entry Fees are non-refundable!

Athletes who have forgotten their temporary licenses at home on race day will need to purchase a new one.

RACE CARD COLLECTION

1. Saturday 12th January 2019 from 10h00 – 17h00 @ the following points:

- Sportsmans Warehouse Rondebosch
- Sportsmans Warehouse Seapoint
- Sportsmans Warehouse Tygervalley

GENERAL INFORMATION

1. **Start Venue:** 30km starts at the Camps Bay High School, on the school field; 15km starts at Hout Bay Harbour

2. **Start Time:** 30km: 05H30 & 15km: 06H30

3. **Finish Venue:** Field below the Glen Country Club

4. **Prize Giving:** 10H00 on the field below the Glen Country Club

5. **Cut off time:** 30km 10H00 15km 10H00

6. **Race Card:** Race cards need to be completed before race day and must be carried during the race and handed in once you have completed your race. No race card, no result.

7. **Tog bag:** Tog bag facilities will be provided at own risk at the selected starting points.

RACE RULES

1. The race is run according to the rules of ASA & WPA.
2. Runners must obey traffic officers, race marshals and race officials at all times.
3. Minimum age for the 30km is 19 years and in the 15km 15 years.
4. No personal seconding permitted except at official refreshment stations.
5. Cut off for both races are 10h00.
6. Licensed runners should run in club colours and a licence valid for 2019 must be worn on the front and back of the vest or purchase a temporary licence to be worn on the back of the vest. One race number (bib) will be issued. 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.
7. Temporary Licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete. Temporary licensed runners to wear plain clothing, no advertising. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
8. The use of music players with headphones is not allowed and may result in disqualification.
9. Do not litter. Dispose of sachets responsibly using the boxes provided or carrying them to the finish. Report offenders to the referees. #RunClean
10. Water and Coke will be available along the route and at the finish.
11. Entry cards need to be completed before race day, must be carried throughout the race and handed in at the finish.

12. 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.
13. Details are available on ww.wpa.org.za or on request from the organisers or the WPA office.
14. Wheelchair athletes must please contact the organizers timeously to discuss arrangements for their participation.
15. Eats and refreshments will be on sale.
16. 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 down to senior.
17. 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.
18. To qualify for team prizes, athletes must wear full club colours and participate with a permanent licence.
19. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.



T-SHIRT

Moisture management t-shirt costs R 245.10 and will be sold online only.

ROUTE MAPS AND DESCRIPTION

30km route

1. The race starts on the Camps Bay High Schools sports field at 05:30. It is an out and back route, with the turnaround point in Hout Bay at the “World of Birds” intersection. Runners generally run on the left hand side of the road and will be kept within the yellow line as far as possible. A coned channel will be created to assist with keeping runners on the left hand side of the road. However from the 27km marker the runners will be moved to the pavement where they will remain until they reach the finish at Maidens Cove. Traffic official assistance is required at the section the intersection of Lower Kloof Road and Victoria Rd.
2. From the start the runners proceed along Victoria Road in the direction of Hout Bay and pass first intersection Argyle Road (1 Km), further along the road passing the Pick ‘n Pay on the corner of Kloof and Victoria Road.
3. Once runners cross this intersection they continue along Victoria Road passing the Camps Bay SAPS station, as well as a small intersection at Link road (Just behind SAPS) and continue further passing Houghton Road and moves out of the residential area of Camps Bay (3km). The route continues along Victoria Road and passes the Twelve Apostles Hotel on the left and the Llandudno intersection (traffic Light) on the right. The first water table is located in the road recess just before the 3km marker.
4. Once the runners reach the top of the rise on Victoria Road (9km) they will descend into Hout Bay passing the Suikerbossie Hotel intersection on the right. At the bottom of the hill runners take the off ramp to the left into Helgardia Road (12km) towards the circle at Valley Road turning left at the circle and proceeding in the direction of the World of Birds. The route continues for 3km along Valley Road with the only major intersection being the one at the World of Birds. The turn- around point is located opposite Greystone House in Valley Road.
5. At this point runners move back towards the traffic circle passing a minor intersection at Westerford Road. Once at Valley Road and they turn right into Helgardia Road and proceed to the traffic light and turn right into Victoria Road. At this point the 15km event joins the main race and follows the same route to the finish.
6. On the Suikerbossie climb the runners pass the intersection at Mount Rhodes Drive on the left and remain on the sea ward side reaching the 21km marker just pass the top of Suikerbossie and start the descent of 9km to the finish also passing the Llandudno traffic light (the only major intersection on the route back to the finish). At 27km the majority of the runners will be moved onto the pavement and in this way will avoid the three intersections in Camps Bay.

15km route

1. The 15 km starts in Harbour Road outside the Hout Bay Harbour at 06:30 (opposite the ENGEN Fuel Pumps) and at 3km joins the main race at 18km. The markers from 18km to the finish are the same for both races. There are 15 marshals allocated to this start and will be coordinated by Paul Cieverts.
2. The runners start at 06:30 and proceed toward the circle on the corner of Victoria Road and Harbour Road, Hout Bay.
3. Just before this circle the runners turn left into Albert Road and start the hill climb on this secondary road. Runners remain on this road for 2km and then move into Henshall Road. This section has 15 marshals and is coordinated by Suleiman Jacobs.
4. The runners join the main race at the Helgardia road intersection and continue on the back of Suikerbossie to the finish.

Prize Money:

30km Male and Female

30km			
	1st	2nd	3rd
open	R 9 000,00	R 6 000,00	R 4 000,00
40-49	R 2 500,00	R 1 800,00	R 1 300,00
50-59	R 2 000,00	R 1 500,00	R 1 100,00
60-69	R 1 000,00	R 750,00	R 500,00
70+	R 750,00	R 500,00	R 300,00
Team	R 2 000,00	4 x R500	

15km Male and Female

	1st	2nd	3rd
Junior	R 1 300,00	R 1 000,00	R 700,00
open	R 4 000,00	R 2 000,00	R 1 000,00
40-49	R 2 000,00	R 1 500,00	R 1 000,00
50-59	R 1 500,00	R 1 000,00	R 750,00
60-69	R 750,00	R 500,00	R 300,00
70+	R 500,00	R 300,00	R 200,00

