



**CAPE
PENINSULA**
MARATHON / HALF
THE FASTEST POINT TO POINT MARATHON IN AFRICA

SUNDAY 17 FEBRUARY 2019



42.2 KM: STARTS 05H15
GREENPOINT MAIN ROAD

21.1 KM: STARTS 07H00
BERGVLIET SPORTS CLUB

FINISH: SIMON'S TOWN NAVAL SPORTS GROUND

CLOSING DATES:

ONLINE ENTRIES:

SUNDAY

10TH FEBRUARY 2019

MANUAL ENTRIES:

SUNDAY

3RD FEBRUARY 2019

OFFERING

R50 000

**TO THE FIRST RUNNER TO BREAK THE EXISTING
RACE RECORDS / MALE AND FEMALE**

"THE FASTEST POINT TO POINT MARATHON IN AFRICA"

EXISTING RACE RECORDS

MEN 2-11-47 | WOMEN 2-37-19



**WPA MARATHON
CHAMPIONSHIPS**

**ORGANISED BY CELTIC HARRIERS
IN PARTNERSHIP WITH TOP EVENTS**



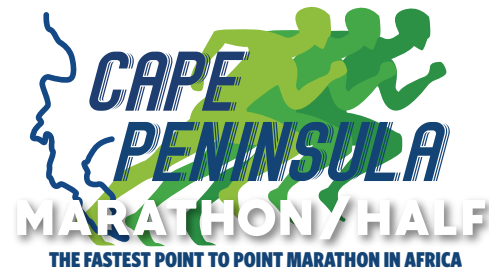
WESTERN PROVINCE ATHLETICS



THIS EVENT IS HELD UNDER THE RULES AND REGULATIONS OF ASA AND WESTERN PROVINCE ATHLETICS VISIT THE WEBSITE TO ENTER ONLINE

For more information visit www.topevents.co.za

HOW TO ENTER



ONLINE

Enter online at www.topevents.co.za. Should you have any enquiries 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 10th February 2019**. 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 for fax entries is **Sunday 3rd February 2019**.

INSTORE ENTRIES

Hand deliver your entry form and cash to a cashier in any of the Sportsmans Warehouse stores marked below. You will receive two till slips, one to be stapled onto your entry form and the other serves as proof of your entry, please bring this with you to registration. Closing date for in store entries is Sunday 3rd February 2019.

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

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

ENTRY FEES ARE NON-REFUNDABLE AND WILL BE DONATED TO CHARITY IF AN ENTRY IS CANCELLED BEFORE RACE DAY.

Due to the fact that chip timing is being used, there will be **NO LATE ENTRIES TAKEN AT NUMBER COLLECTION.**

OFFICE ENTRIES

Manual entries can be done at the Top Events office, 6 Koeberg Rd, Brooklyn, Cape Town, 09:00 - 16:00 Monday to Friday. Closing date for entries will be **Friday 1st February 2019**.

CONFIRMATION OF ENTRY

1. Fax and online entries will receive a confirmation email (if an email address is provided by you).
2. Prior to number collection you will receive an sms indicating your race number and registration venue you selected on your entry form.
3. Please bring proof of your entry, email confirmation or sms confirmation with you to number collection on **Saturday 16th February 2019**.

NUMBER COLLECTION

1. Number collection for fax, in-store and online entries will take place on **Saturday 16th February 2019 from 10h00-17h00** at the following venues:
Sportsmans Warehouse Rondebosch, Sportsmans Warehouse Tygervalley, Sportsmans Warehouse West Coast
2. No upgrades, downgrades and/or substitutions will be allowed at number collection or after **Sunday 3rd February 2019**.

START TIMES AND START VENUES

1. **42.2KM 05H15 Main Road, Green Point (Opp Cape Town Stadium)**
2. **21.1KM 07H00 Bergvliet Sports Club, Children's Way, Bergvliet (Off Ladies Mile Road)**

COMPULSORY DISPOSABLE TIMING CHIP

Your timing chip will be placed on 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 strip 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.

CUT OFF TIMES

1. 42.2km 11h15 (6 hours)
2. 21.1km 11h00 (4 hours)

PRIZE MONEY

1. Prize giving will take place at 10H30 where category winners will receive their prizes followed by the lucky draws.
2. *Juniors must be under the age of 20 at 31st December 2019. (Born in 2000 or later).
3. Participants must be present with their race number to claim prizes in the lucky draw.

PRIZE MONEY STRUCTURE:

42.2 KM MARATHON : MALE & FEMALE			
	1st	2nd	3rd
OPEN	R 12 000,00	R 8 000,00	R 5 000,00
40 - 49	R 3 000,00	R 1 500,00	R 1 000,00
50 - 59	R 1 200,00	R 900,00	R 600,00
60 - 69	R 900,00	R 700,00	R 500,00
70 +	R 700,00	R 500,00	R 300,00
OPEN TEAM	R 1 000,00		

PHOTOGRAPHS

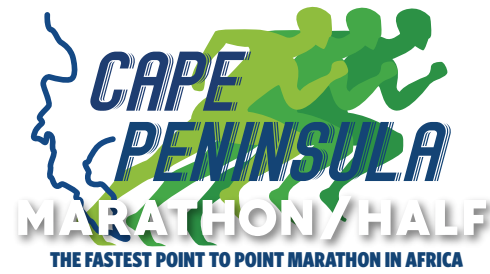
Jetline Action Photo is proud to be part of the Cape Peninsula Marathon. This year instead of pre-paid printed images, we are introducing a very cost effective pre-paid digital download. If you take this option you will be entitled to two of the images of your choice at a cost of R 120.00 for 2 images. Visit www.jetlineactionphoto.com to view your images.

21.1 KM RUN : MALE & FEMALE			
	1st	2nd	3rd
OPEN	R 6 000,00	R 4 000,00	R 2 500,00
40 - 49	R 2 000,00	R 1 500,00	R 1 000,00
50 - 59	R 900,00	R 700,00	R 500,00
60 - 69	R 700,00	R 500,00	R 400,00
70 +	R 500,00	R 400,00	R 300,00
16 - 19	R 500,00	R 300,00	R 100,00
OPEN TEAM	R 800,00		



COMPLETE THE MARATHON IN 5 HOURS TO QUALIFY FOR THE TWO OCEANS MARATHON AND 4HRS 50 TO QUALIFY FOR THE COMRADES MARATHON.

RACE RULES



1. The Cape Peninsula Marathon is run in accordance with the rules of ASA and WPA.
2. 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.
3. Temporary licences are available at R 60.00 for the 21.1km and R 70.00 for the 42.2km event.
4. 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.
5. 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.**
6. Personal seconding is not permitted, except at official refreshment stations. Private vehicles are requested not to follow the athletes on the route.
7. 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.
8. Athletes competing for a category prize must wear age category tags (on the front and the back).
9. No swapping of race numbers or disposable chips as these are linked to your name and finishing time and may result in your disqualification.
10. Juniors will be eligible for OPEN individual and team prizes.
11. Club colours must be worn to qualify for team prizes.
12. All traffic officers and marshals must be obeyed.
13. Proof of age is required for category prizes.
14. The race organizers reserve the right to accept or reject any entry.
15. Foreign athletes must comply with IAAF rule 4.2 and all relevant race and domestic rules. If required the athlete must be able to produce a letter from his/her federation permitting participation on race day.
16. The entry fee is non-refundable.
17. Kilometre markers will be placed at each kilometre mark.
18. Refreshments stations will be situated approximately every 3km.
19. Medals will be handed to all finishers.
20. There will be a tog bag truck at the start of the 42.2km & 21.1km. These vehicles will deliver the bags to the finish in Simon's Town. Bags dropped off at runners' own risk. The organiser will not be held responsible for any loss or damages.
21. Toilets will be available.
22. Parking is available at the finish.
23. Prize-giving will take place at 10h30.
24. Results will be available on www.topevents.co.za and www.wpa.org.za
25. **NO CHIP, NO TIME, NO RESULT, NO PRIZES, NO QUALIFICATION FOR TWO OCEANS OR COMRADES.**
26. For more information regarding the disposable chip timing please visit our website www.topevents.co.za
27. For safety reasons the use of personal music players with headphones is not allowed. Use of such device in contravention of IAAF rule 144.3b may be disqualified and will not be eligible for individual or team prizes.
28. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
29. 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.**

CHARITIES



At Tygerberg Children's Hospital we share a vision of a child-friendly hospital, internationally recognized for its clinical excellence in providing specialist medical and surgical care to babies and children and its ability to optimize holistic health care to all children within South Africa. The Tygerberg Children's Hospital Trust was set up to improve the care of babies and children who are treated at the Tygerberg Children's Hospital. The Trust raises life-saving funds to upgrade facilities and buy technologically advanced medical equipment. Through our development projects, we aim to create an environment that is in tune with the needs of the children we treat, as well as being a welcoming space for their parents and caregivers. The Tygerberg Children's Hospital Trust partners with the Tygerberg Children's Hospital, which is dedicated to caring for children and newborn babies, within the framework of the larger Tygerberg Academic Hospital. Supporters of the Tygerberg Children's Hospital Trust have helped to give thousands of children a better quality of life.

<https://tch-trust.org.za/>



Through the 2Feet4TB initiative, Neal Stacey aims to inspire hope in TB sufferers across South Africa - educating them about the possibility of a full recovery by taking the correct medication and proper nutrition. Neal explains that TB is not just a 'poor man's disease'. "This is not just a concern for poor communities but affects everyone since we are an interconnected society. We share our working space with different people from different socioeconomic backgrounds, for example." He adds: "TB has long-term health effects. The disease has several social consequences including decreased worker productivity and increased poverty. Those who develop TB still face major discrimination from employers, friends and family. Yet, despite the health crisis posed by TB the disease is neglected." Neal has pledged to participate in a minimum of one full marathon, ultra-marathon and/or road cycling race (as per the race calendar of Run & Cycling South Africa) every month, in each of South Africa's nine provinces. There are 148 events in a calendar year. "I've pledged to participate in every marathon, ultra and cycling event as per the ASA & CSA road calendar between 2017 and 2022. For every kilometre covered in a specified road running or cycling event, a sponsored food parcel will be donated to TB sufferers who take their prescribed medication every day, under the supervision of the Direct Observation Treatment (DOT)." Neal's goal is to help 1,400 TB patients with their recovery.

POWERED BY MYO2 RECOVERY GEL

Neal is the brand ambassador for recovery massage gel, MYO2 Recovery Gel and actively promotes the product as he continues with his intense training programme.

ADDITIONAL PROJECTS

In addition to collecting food parcels, Neal has initiated Seeds4Life (the collection of seed packets and subsequent germination and planting at various food gardens and schools such as the Masizakhe Food Garden, Homestead for Street Children and Symphony Primary School) and Blankets4Life - the collection of blankets for the Homestead for Street Children and TB patients on Mandela Day.

If you are in a position to help, please email Neal at 2feet4tb@gmail.com

