RACE RULES

1. Minimum age on race day for 21.1 KM is 16 years & for the 10 KM 14 years.
2. Participants must obey instructions of Marshalls and traffic officers.
3. Licenced athletes should wear club colours. Full club colours & permanent licences must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
4. One race number (bib) will be issued. 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. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
5. 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 vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
6. Temporary licensed participants are eligible for individual age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
7. Juniors born 1999 or later must display category tags "J" to qualify for age group prizes.
8. Entry cards must be carried for the duration of the race. Any participant not able to produce an entry card, when asked to do so by a race official, may be disqualified.
9. No personal seconding will be permitted, except at official refreshment stations.
10. Time limit for the 21.1 KM is 3:30 hours & time limit for the 10 KM is 2 hours.
11. Tog bag facilities will be provided at own risk.
12. The organisers and WPA accept no responsibility for any accident or injury resulting from participation in the event.
13. The use of music players with headphones is not allowed and may result in disqualification.
14. This event is held under the rules and regulations of IAAF, ASA and Western Province Athletics, and is organised by Strand Athletics Club
15. Please 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.
16. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
17. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
18. Prize giving will take place at 10:30

leapfrog 21.1km | Labourwise 10km

STRAND Athletic Club

Coca-Cola Peninsula Beverages | Sportsmans Warehouse winning starts here! | Western Province Athletics Race flyers and results www.wpa.org.za wpa-subscribe@yahoogroups.com | City of Cape Town | #RUN clean | GARBIE

GORDON'S BAY PRIMARY SCHOOL

LUCKY DRAW PRIZES

START TIMES

LEAPFROG 21.1km 7:00

LABOURWISE 10km 7:30

ENQUIRIES: Barry Muller 082 774 9510

ONLINE ENTRIES: www.entryninja.com

ENTRY NINJA

Closing date for online & fax entries: 9 April 2018

Subject to pre-entries and any participation limits imposed by the relevant authorities, limited entries may be available on race day for both the Leapfrog 21.1km & Labourwise 10km run from 05h15 to 06h45.

STRAND KWIKSPAR | GOEDEHOOP Pharmacy at SPAR | SECURE ACCOUNTING Accountants & Tax Practitioners | solarent | oasis

THIS EVENT IS HELD UNDER THE RULES AND REGULATIONS OF IAAF, ASA AND WESTERN PROVINCE ATHLETICS & ORGANISED BY STRAND ATHLETICS CLUB

ENTRY FORM

INDICATE EVENT: Please Tick | 21.1KM | 10KM

AGE CATEGORY: 10km Only: 14-19 | 21.1km Only: 16-19 | 20-39 | 40-49 | 50-59 | 60-69 | 70+

SA ID NUMBER:

FOREIGN NATIONALITY - PASSPORT NO:

D.O.B: D D M M Y Y Y Y **AGE:** Please tick MALE FEMALE

SURNAME:

FIRST NAME:

ADDRESS:

SUBURB: **CODE:**

TEL: (W) **CELL:**

EMAIL:

DO YOU BELONG TO A RUNNING CLUB? YES NO

CLUB: **2018 LIC NO:**

PROVINCE:

T-SHIRT SIZE: SMALL | MEDIUM | LARGE | XTRA LARGE | X-XTRA LARGE

NUMBER COLLECTION please tick: SPORTSMANS WAREHOUSE RONDEBOSCH | SPORTSMANS WAREHOUSE SOMERSET WEST | SPORTSMANS WAREHOUSE TYGERVALLEY | ON RACE DAY AT REGISTRATION

MEDICAL AID

MEDICAL AID NUMBER

EMERGENCY CONTACT PERSON

CONTACT NO:

PRE-ENTRIES: www.entryninja.com

FAX ENTRIES:
Deposit in favour of: Strand Athletics Club
Bank: FNB
Branch: 250655 Account: 62425434363
Fax entry form & deposit slip to: 021 856 1389
Reference:
Leapfrog 21.1 km: (L/F your name)
Labourwise 10 km: (L/W your name)

Closing date for online & Fax entries: 9 April 2018

EVENT	FEE	TOTAL
21.1 km Run/Walk Licensed	R 90.00	
21.1 km Run/Walk Unlicensed	R 145.00	
21.1 km & 10 km Run/Walk 70+	FREE	
10 km Run/Walk Licensed	R 50.00	
10 km Run/Walk Unlicensed	R 85.00	
10 km Run/Walk Licensed Junior	R 30.00	
10 km Run/Walk Unlicensed Junior	R 50.00	
Moisture Management T-Shirt	R 220.00	
TOTAL		

A 9% service fee is charged when entering online

INDEMNITY / VRYWARING

I agree to enter and participate in the Leapfrog 21.1 km race and LabourWise 10 km run entirely at my own risk and indemnify the organisers, sponsors, WPA and any person assisting in the organisation of the race against any claim whatsoever. I understand that I must be medically fit to run this race. I declare that I am 14 years or older (10 km) or 16 years or older (21.1 km).

Signed: _____ **Signature of parent or guardian if under the age of 18:** _____

HOW TO ENTER

ENTRIES

1. ONLINE
Enter online at www.entryninja.com (should you have any enquiries about entering online, please contact Entryninja on 087 012 5044 or email organiser@entryninja.com). Closing date for online entries, is midnight on Monday **9 April 2018.** Please note if payment is not received within 7 days of entry, your entry will be deleted.

2. FAX
Complete your entry form and fax it along with your deposit slip to (021) 856 1389. Closing date for fax entries is **9 April 2018.**

3. ENTRY FEES ARE NON-REFUNDABLE
Subject to pre-entries and any participation limits imposed by the relevant authorities, limited entries may be available on race day for both the Leapfrog 21,1km & Labourwise 10km run from 05h15 to 06h45 at Gordon's Bay Primary School.

CONFIRMATION OF ENTRY

1. Fax and online entries will receive a confirmation e-mail (if an e-mail address is provided by you)
2. Prior to the number collection you will receive a sms indicating your race number and number collection venue selected on your entry form.
3. Please bring proof of your entry, e-mail confirmation or sms confirmation with you to the number collection at the store you selected on your entry form.

NUMBER COLLECTION

1. Number collection for fax and online entries will take place on Friday **13 April 2018** from 11:00 - 18:00 at the following venues:

SPORTSMANS WAREHOUSE RONDEBOSCH	SPORTSMANS WAREHOUSE SOMERSET WEST	SPORTSMANS WAREHOUSE TYGERVALLEY	ON RACE DAY AT REGISTRATION

2. NUMBER COLLECTION IS COMPULSORY FOR ALL PRE-ENTRANTS!

START TIMES

1. 21.1 KM.....7:00 am - Medals to the first 2000 Leapfrog 21.1 km finishers. WPA medals will be awarded to all category winners, except for Juniors. WPA incentives can also be earned.
2. 10 KM.....7:30 am - Medals to the first 1000 LabourWise 10 km finishers.

START VENUE

Both the 10 KM and 21.1 KM race will start and finish at the Gordon's Bay Primary School.

PRIZE MONEY STRUCTURE

Open Team Prize: Leapfrog 21.1 km ONLY: First 4 (Four) Male and First 4 (Four) Female will each receive R200

21.1KM MALE AND FEMALE

	1ST	2ND	3RD
OPEN	R 1 500	R 1 000	R 800
JUNIOR	R 300	R 250	R 150
40-49	R 1 000	R 800	R 600
50-59	R 800	R 600	R 400
60-69	R 400	R 300	R 200
70+	R 300	R 200	R 100

10 KM MALE AND FEMALE

	1ST	2ND	3RD
OPEN	R 300	R 250	R 200
JUNIOR	R 300	R 250	R 150
40-49	R 200	R 150	R 100
50-59	R 200	R 150	R 100
60-69	R 200	R 150	R 100
70+	R 200	R 150	R 100

Goody Bags will be awarded to the first 1800 21.1 km finishers & first 700 10 km finishers