



Wednesday 17 October 2018 ARIA ATC SUNSET TEAM TIME TRIAL



ATC Running hosts this exciting team time trial through Green Point Park. Each Team consists of 4 runners and each runner will run 3 Kms. The 3 Km lap takes in the Cape Town Stadium surrounds, pedestrian and cycle paths and the Park.

Team Categories and Composition

CLUB Teams: 4 Licensed Runners from the same Club	Men (3 or more Males)	Ladies (4 Females)	Mixed (Max 2 Males)
CORPORATE: 4 Runners from different or NO clubs			
VETs: 4 Runners over the age of 40			
JUNIOR: Runners between Ages 14 – 19	Boys	All Girls	
MASTER (50+), GRANDMASTER (60+) & KIDS: (U/14)	Any Combination		

Registration & Late Entry: 16:30
Contacts: Steve Attwell 082 739 9010
info@atcmultisport.club

Start Time: 18:15
Gert Wilkins 082 774 7910
admin@atcmultisport.club

Race Cut-off: 19:45 (1h30) Prize Giving: 20:00
Entry Fee: R50 per runner (R200 per team)
Junior & GM Entry Fee: R15 (R60 per Team)

Venue: Green Point Cricket Club. Parking is available in the surrounding area. There will be one refreshment station, in the transition area. Coke and water will be provided as each runner finishes. Medical backup services will be provided. Toilets will be available. Tog bag facilities will be provided (at runner's own risk). Clubs are welcome to erect gazebos on the field.

Registration & Late Entries: At the race venue from 16:30.
Entries are Limited to 120 Teams (500 Runners).

Enter On-Line at www.ATCMultisport.club

Categories & Prizes: Team Categories: **Club** (Men, Ladies, Mixed), **Vets** (Men, Ladies, Mixed), **Junior** (Boys & Girls), **Masters** and **Kids**. Mixed teams must consist of at least two ladies. To qualify for Club category prizes, teams must consist of licensed runners from the same club and runners must wear official club colours. Teams consisting of unlicensed runners or licensed runners from different clubs will compete in the **Corporate** (Men, Ladies, Mixed) categories and will be placed but will not be eligible for category prizes. **Junior** (14-19) and **Kids** (u/14) team members do not have to be licensed or belong to the same club or school, nor do they have to be licensed.

All finishers will receive a special hand-made medal!

Rules:

- The race will be run in accordance with the rules of ASA and WPA. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
- Participants must be 9 years or older on the day of the race.
- One SSTTT race number (bib) will be issued. Registered athletes must wear their 2018 ASA licenses on the front and back of their vest. The SSTTT race number must be worn on the front of the vest, partially covering the ASA license, so that the ASA license sponsor remains visible.
- All traffic officers and marshals must be obeyed.
- Athletes may enter and compete for more than one team but only one of the teams will be eligible for a prize. (The second team they compete for will not be eligible for prizes)
- For safety reasons the use of personal music players with headphones is not allowed and may result in disqualification.
- The **Winning Team** in each category will receive prizes.
- Mixed Teams must consist of at least 2 ladies. Teams with 3 or more males will compete in the Men's Category.
- Ladies Teams must consist of 4 Females.
- All runners in Vets Teams must be over the age of 40 on the day of the event, Masters must be over 50 and Grand Masters over 60.
- Mixed Junior teams will compete in the Junior Boys category.
- There will be NO prizes for 2nd and 3rd placed teams in any category.
- The race organisers reserve the right to accept or reject any entry.
- Kilometre markers will be placed at each kilometre mark.
- Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or by carrying them to the Finish. Report offenders to the referees.
- No personal seconding will be permitted, except at the official refreshment station.
- The Water / Coke station will be in the transition area.
- The entry fee is non-refundable.
- The cut-off time for the race is 1 hour 30 minutes. All 4 runners must complete the race within this time.
- An entry card and category tag must be in the athlete's possession during the race.
- Athletes must run with the baton and / or timing chip provided, which must be handed from one runner to the next.

We Thank & Support:



WESTERN PROVINCE ATHLETICS
Race flyers and results
www.wpa.org.za
wpa-subscribe@yahoo.co.uk





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Terms, Conditions & Disclaimer

Runners entering and participating in this event, do so under the terms and conditions, as set out below:

1. Runners understand that participation in this race is at their own risk and that ARIA Property Group, ATC Multisport, Atlantic Triathlon Club (ATC), ATC Running, ATC Cycling, ATC Swimming, Western Province Athletics, Green Point Cricket Club, their employees, committee members and associates, will not be held liable for any illness, injury, death or loss of property.
2. Runners declare that they are healthy and have no known medical conditions that could prevent them from participation in sporting activities.
3. ATC Multisport, its partners, affiliates, sponsors and service providers are indemnified against all and any action of whatever nature, which may arise out of the participation in any activities, training sessions or events organised or promoted by ATC Multisport.
4. Entrants authorise ATC Multisport Club to use personal details in order to inform entrants of activities related to this event.
5. Should the event be cancelled for reason beyond the control of ATC, the entry fee will be non-refundable.
6. Should entrants withdraw, the entry fee will be non-refundable. Entries can be substituted at Registration.

Team Categories Explained

Type	Category	Entry Fee	Team Description	Team Prize
Club	Club Male	200	3 or more Males from the same club - All Licensed.	400
Club	Club Ladies	200	4 Ladies from the same club - All Licensed	400
Club	Club Mixed	200	2 or 3 ladies and the balance males. All from the same club - All Licensed	400
Corporate	Corporate Male	200	3 or more Males - Unlicensed or from different clubs or no club.	400
Corporate	Corporate Ladies	200	4 Ladies - Unlicensed or from different clubs or no club.	400
Corporate	Corporate Mixed	200	2 or 3 ladies - Unlicensed or from different clubs or no club.	400
VETs	Vets Male	200	3 or more Males , all Over 40.	200
VETs	Vets Ladies	200	4 Ladies - All Over 40	200
VETs	Vets Mixed	200	2 or 3 ladies - All Over 40	200
Masters	Masters Open	200	Any Combination of men and ladies, all Over 50.	200
Grand Masters	G Masters Open	60	Any Combination of men and ladies, all Over 60.	Product
School / Junior	Junior Male	60	Any Junior team with 3 or more males. All U19	Product
School / Junior	Junior Girls	60	4 Ladies from the same club / school / friends. All U19	Product
Kids	Kids Open	60	All runners under 14. Irrespective of gender.	Product
Notes:		Male Teams can have one female runner.		
		Ladies Teams must consist of 4 female runners.		
		Open Teams can consist of any combination of male & female runners.		
		Entry Fees are show per Team (So each runner pays 1/4 of the fee)		

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Peninsula Beverages



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