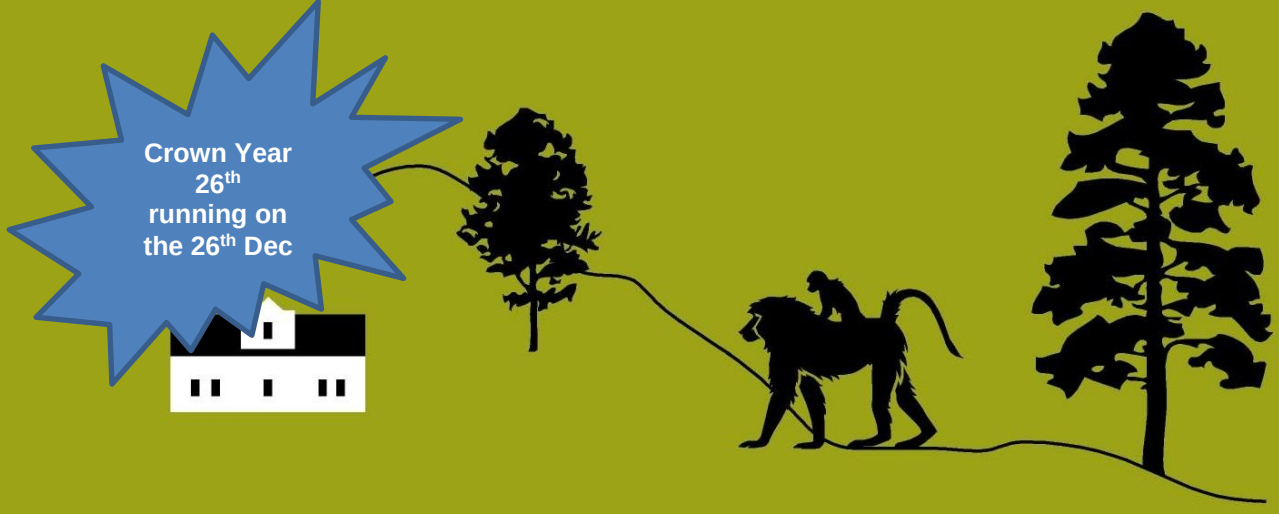

26TH TOKAI MANOR HOUSE RUN

WEDNESDAY 26 DECEMBER 2018

16km starts 6.30am
8km Fun Run starts 6.45am

Venue: Cape Academy, Firgrove Way
GPS -34.047565, 18.428246

ENTRY FEES		
16km	**Registered Runners**	**R70**
16km	**Unregistered Runners** *includes a temporary licence*	**R70 + R45**
8km Fun Run	**All Runners**	**R50**
Registered Runners over 70 years of age may enter for free by showing their licence number and age tags at registration on the day		

#RUN clean
A MODERN ATHLETE INITIATIVE

GARBIE

WATER AND LITTER

As this event is run on the Tokai Greenbelts it has been declared a plastic free event with special permission of the WPA Road Running Commission. There is a strict no-litter policy in place and **NO WATER SACHETS** on the route. Do not litter. Dispose of litter responsibly by using the boxes provided or carrying it to the finish. Report offenders to the referees. In the spirit of #RunClean, we encourage you to bring your own full water bottle, 500ml recommended. There will be **SELF-HELP** water refill stations at approximately every 4kms. All Coke/water will be served in paper or plastic cups and must be consumed at the water stations. Paper cups must be discarded in the litter bins provided.

#RunClean ~ #BringYourOwnBottle ~ #RunGreen

SUPPORT CAPE ACADEMY

Help us support the pupils of the Cape Academy by donating personal toiletries (soap, deodorant, pads, toothbrush, toothpaste etc.) or by making a financial donation when you enter.

TOKAI MANOR HOUSE INFORMATION

ENTRIES
Enter online at www.entrytime.com until 16 December.
Online entries will incur a 10% administration fee.
Enter in person or collect numbers at Sportsman's Warehouse Rondebosch on Saturday 22 December between 10am – 2pm.
Entries and number collection also available on the day from 5:15am – 6:15am.
Please bring correct change to minimise queuing time.
Temporary licence holders when registering must complete and hand in the tear off strip from the licence in order to be eligible to compete.

SUBSTITUTIONS / REFUNDS
Absolutely no refunds.
You may arrange your own substitution provided that the completed race entry card reflects the details of the person that actually ran.
DO NOT run in somebody else's licence numbers.

LICENCES AND RACE NUMBERS

16km
A special 16km race number (bib) will be issued.
Registered runners must wear their ASA licences on the front and back of the 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*.
Unregistered runners must purchase a temporary licence to be worn on the back with the race number worn on the front.

8km Fun Run
A special 8km race number (bib) will be issued and must be worn on the front. No licence numbers are necessary.

RACE ENTRY CARDS
Your race number has a "race entry card portion" which you should complete at number collection. At the end of the race, tear off the portion of the race number that is your race entry card, insert into the sachet provided at the finish and exchange the card for a finisher's hand-towel.

CUT OFF
There is no cut off time though we start packing away at 10h00.

ROUTE
Both routes are flat and a crossover of tar, trail and single track through the Tokai Greenbelts. Trail shoes are not required. We regret the routes are not suitable for prams or wheelchairs and that **no dogs** are allowed.

MINIMUM AGES

16km
Entrants for the 16km must be over 16 years old.

8km Fun Run
Entrants for the 8km Fun Run must be over 8 years old.
Entrants in the 8km Fun Run under 12 years old must be accompanied by an adult.
Note: the 8km route is not suitable for strollers.

TRAFFIC & PARKING
Parking is available on the field opposite Cape Academy. As traffic is always a challenge and in keeping with the green spirit of the race, please help us by sharing lifts and aiming to arrive before 5:30am even if you already have your number. Parking at own risk. Please do not leave valuables in your car. Use the tog bag facility.

MARSHALS
Please obey instructions from marshals and other officials.

TOG BAG SECURITY
Available at Cape Academy. Tog bags stored at own risk.

NO RUNNING WITH HEADPHONES
The use of music players with headphones is not allowed and may result in disqualification.

PRIZES
There are no finishing or category prizes and no prize-giving. Exchange your race entry card for a hand towel at the end of the race. As towel numbers are limited, the first 1200 finishers are guaranteed towels on the day.

REFRESHMENTS
We will be selling our traditional bacon-and-egg rolls and there will be bottled water, drinks and sweets for sale.

DISCLAIMER
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.

Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
Enquiries via WhatsApp after hours please: Vanessa le Borgne 082-468-0011 or Graham Ford 082-445-9824

REMEMBER: BRING YOUR OWN WATER ~ SHARE A LIFT ~ ARRIVE EARLY

The race is run according to the rules of the IAAF, ASA and WPA
Organised by Southern Striders Athletic Club with the support of the Cape Academy

WESTERN PROVINCE ATHLETICS
Race flyers and results
www.wpa.org.za
wpa-subscribe@yahoogroups.com

SOUTHERN STRIDERS

Coca-Cola Peninsula Beverages

Blue Ribbon