GUN RUN 2016

Sunday 16 October 2016
Enter online: www.thegunrun.co.za

21.1km
run starts 6:30
no chip, no result

10km
run/walk starts 7:15
no chip, no result

5km
run/walk starts 8:30

- Online entries close Sunday 2nd October 2016
  No late entries will be accepted after this date except for the 5km
- Cut-off time for all distances is 10:00.
- 21.1km & 10km are seeded events.
- Social walkers welcome!

Start
Atlantic Sea Board

Finish
Green Point
Common Fields

LUCKY DRAW PRIZES INCLUDING:

R20,000 in CASH!
1 x FLAT SCREEN TV
ENTRY FORM

INDICATE EVENT:

Please Tick

21.1km
10km run/walk
5km fun run/walk

AGE CATEGORY:

10km Only
21.1km Only
21.1km run/walk

ID NUMBER:

D.O.B:

FIRST NAME:

SURNAME:

ADDRESS:

SUBURB:

TEL: (W)

EMAIL:

DO YOU BELONG TO A RUNNING CLUB?  Y  N

CLUB:

PROVINCE:

NO# OF GUN RUNS COMPLETED

PERMANENT NO:

WHAT IS YOUR BEST 21.1KM TIME IN THE LAST 12 MONTHS?

WHAT IS YOUR BEST 10KM TIME IN THE LAST 12 MONTHS?

OFFICIAL RACE T-SHIRT

Y  N

SHOE BRAND:

T-SHIRT SIZE

(Chest size armpit to armpit in cm)

S  50cm
M  53cm
L  56cm
XL  59cm
XXL  61cm

MEDICAL AID:

MEDICAL AID NUMBER:

EMERGENCY CONTACT PERSON:

CONTACT NO:

EVENT

FEE

TOTAL

21.1km Club Member (Includes compulsory disposable timing chip)
21.1km Non-Club Member (Includes compulsory disposable timing chip)
31.1km "The" 10km Run/Walk Club Member Senior (Includes compulsory disposable timing chip)
10km Run/Walk Non-Club Member Senior (Includes compulsory disposable timing chip)
31.1km Run/Walk Club Member Junior (Includes compulsory disposable timing chip)
10km Run/Walk Non-Club Member Junior (Includes compulsory disposable timing chip)
5km Fun Run/Walk

A 14% service fee is charged when entering online.

RELEASE AND WAIVER:

I agree not to hold Atlantic Athletic Club, OUTurance, Primedia (Pty) Ltd., Top Events, Western Province Athletics, any sponsors or any persons assisting in the organisation of the race liable for any injury, illness, damage to property or loss of property which I may suffer directly or indirectly as a result of participating in the event. I accept that this special agreement is entered into for the benefit of Atlantic Athletic Club, the sponsors and the persons assisting in the organisation of the event.

Signed: ________________________________

Signature of parent or guardian

if under the age of 18: ________________________________

FAX ENTRIES:

Deposit in favour of:
Atlantic Athletic Club Gun Run
Bank: ABSA
Branch: 632005 (Heerengracht)
Account: 406298007
Fax entry form and deposit slip to:
021 510 7230


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HOW TO ENTER

1. ONLINE
   Enter online at www.thegunrun.co.za. Should you have any enquiries about entering online, please contact Top Events on (021) 511 7130 or email info@topevents.co.za. Closing date for online entries and payment is midnight on Sunday 2nd October 2016. Please note if payment is not received within 7 days of entry your entry will be removed from the system and you will have to enter again.

2. FAX
   Complete your entry form and fax it along with your deposit slip to (021) 510 7230. Closing date for fax entries is Monday 26th September 2016.

3. IN STORE 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 number collection. Closing date for in-store entries is Monday 26th September 2016. 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 Somerset Mall
   - Sportsmans Warehouse Tokai
   - Sportsmans Warehouse Tygervalley

4. PLEASE NOTE THE INDEMNITY SECTION NEEDS TO BE SIGNED IN ORDER FOR YOUR ENTRY TO BE PROCESSED.

5. ENTRY FEES ARE NON REFUNDABLE. IN THE EVENT THAT AN ENTRANT PAYS AN ENTRY FEE BUT IS UNABLE TO PARTICIPATE IN THE RACE, THEIR ENTRY FEE WILL BE DONATED TO CHARITY.

6. ONLY 5KM FUN RUN/WALK ENTRIES WILL BE TAKEN AT NUMBER COLLECTION AND ON RACE DAY.

CONFIRMATION OF ENTRY

1. All entrants will receive a confirmation email when the entry has been processed (if an email address is provided by you).
2. Prior to number collection you will receive an SMS indicating your race number and number collection venue you selected on your entry form.
3. Please bring proof of payment of your entry, email confirmation or SMS confirmation with you to the number collection on Friday 14th October from 12:00 - 18:00 and Saturday 15th October from 09:00 - 16:00.

NUMBER COLLECTION

1. NUMBER COLLECTION IS COMPULSORY FOR ALL ENTRANTS! THERE WILL BE NO NUMBER COLLECTION ON RACE DAY UNLESS BY PRIOR ARRANGEMENT.
2. Number collection for fax, in-store and online entries will take place on Friday 14th October from 12:00 - 18:00 and Saturday 15th October from 09:00 - 16:00 at the following venues:
   - Sportsmans Warehouse Canal Walk
   - Sportsmans Warehouse Rondebosch
   - Sportsmans Warehouse Sea Point
   - Sportsmans Warehouse Somerset Mall
   - Sportsmans Warehouse Tokai
   - Sportsmans Warehouse Tygervalley

3. No upgrades, downgrades and/or substitutions will be allowed at number collection or after Monday 26th September 2016.

PHOTOGRAPHS

Jetline Action Photo is proud to be part of the OUTsurance KFM Gun Run 2016. 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 R110.00 for 2 images. Visit www.jetlineactionphoto.com to view your images.

NEW - MEDAL ENGRAVING

Have your finishing time engraved on your medal at the finish line for R40 for the ultimate personalised achievement. Pre-order your engraving at http://timekeepsa.weebly.com/pre-order.html Contact timekeepsa@gmail.com for more info.

21.1KM & 10KM TIMING: DISPOSABLE TIMING CHIPS

2 x Disposable timing chips will be placed on the back of your race number and be covered by a foam strip. PLEASE DO NOT REMOVE THESE. IF YOU DO YOU WILL NOT RECEIVE AN OFFICIAL TIME.

SEEDING: NO additions or adjustments to the times will be done after the 26th September 2016.

PRIZE GIVING & PRIZE MONIES

1. Prize giving will take place at 10:30 where category winners will receive their prizes followed by the lucky draws.
2. *Juniors must be under the age of 20 as at the 31st December 2016.
3. Participants must be present with their race number to claim prizes in the lucky draw.

<table>
<thead>
<tr>
<th>21 KM MALE AND FEMALE</th>
<th>1ST</th>
<th>2ND</th>
<th>3RD</th>
<th>4TH</th>
<th>5TH</th>
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<td>R 10 000</td>
<td>R 5 000</td>
<td>R 3 000</td>
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<td>40-49</td>
<td>R 2 500</td>
<td>R 1 700</td>
<td>R 1 200</td>
<td>R 1 000</td>
<td>R 500</td>
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<tr>
<td>50-59</td>
<td>R 3 500</td>
<td>R 1 000</td>
<td>R 750</td>
<td>R 1 000</td>
<td>R 500</td>
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<td>R 3 000</td>
<td>R 750</td>
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<tr>
<td>70+</td>
<td>R 700</td>
<td>R 500</td>
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<table>
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<th>10KM MALE AND FEMALE</th>
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</thead>
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<tr>
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<td>R 6 000</td>
<td>R 3 000</td>
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<td>R 1 000</td>
<td>R 700</td>
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<td>40-49</td>
<td>R 2 000</td>
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<td>R 500</td>
<td>R 350</td>
</tr>
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<td>50-59</td>
<td>R 1 300</td>
<td>R 1 000</td>
<td>R 750</td>
<td>R 500</td>
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<td>R 1 000</td>
<td>R 750</td>
<td>R 500</td>
<td>R 500</td>
<td>R 350</td>
</tr>
<tr>
<td>70+</td>
<td>R 800</td>
<td>R 600</td>
<td>R 400</td>
<td>R 500</td>
<td>R 350</td>
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Team 40+ | R 3 000 (R250 x 4)  
Senior Team | R 3 600 (R400 x 4)
1. The OUTsurance KFM Gun Run is run in accordance with the rules of ASA and WPA.
2. The OUTsurance KFM Gun Run half marathon and 10km are open to all licensed and non-licensed runners of 16 years and older for the Half Marathon and 14 years and older for the 10km.
3. Licensed runners should wear club colours. Official event race numbers to be worn on the front and a 2016 licence number on the back of the vest.
4. Temporary licences are available at R40 for the 21.1km and R25 for the 10km Senior and R15 for 10km Junior events.
5. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age. Age category tags will be available for purchase at number collection.
6. Unlicensed 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.
7. Personal seconding is not permitted except at official refreshment stations. Private vehicles are requested not to follow the athletes on the route.
8. 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.
10. Club colours must be worn to qualify for team prizes.
11. Juniors (born from 1997 onwards) wearing a junior or a senior licence must wear an age category tag to qualify for age group prizes. Juniors will count towards senior team prizes.
12. No swapping of race numbers as the race number is linked to your name and finishing time and may result in your disqualification.
13. Each race distance has a different race number range and colour with your data captured electronically. Do not transfer between races without notifying the race organisers.
14. All traffic officers and marshals must be obeyed.
15. The race organisers reserve the right to accept or reject any entry.
16. Foreign athletes must comply with IAAF rule 4.2 and all relevant race and domestic rules. The athletes must be able to produce the letter from his/her federation permitting participation on race day.
17. The entry fee is non-refundable.
18. Kilometre markers will be placed at each kilometre mark.
19. Refreshment stations will be situated approximately every 3km along the route.
20. Medals will be handed to all finishers.
21. There will be tog bag facilities at the start for all events. All bags will be delivered to the finish area. Bags dropped off at runners’ own risk.
22. Toilets will be available at the start and finish.
23. Prize giving will take place at 10:30.
24. Results will be available at www.thegunrun.co.za and at www.topevents.co.za.
25. For safety reasons the use of personal music players with headphones is not allowed. Use of such devices in contravention of IAAF rule 144.3b, may result in disqualification.
26. Licence holders when registering must complete and hand in the tear off strip from the number in order to be covered by the ASA accident insurance.
27. Do not litter. Dispose sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees.
28. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

ABOUT ANNA FOUNDATION

The Anna Foundation aims to empower disadvantaged rural children with life skills and core values, building self-worth and self-responsibility.

Their professionally-designed “3 R’s Programme: Reading, Running, Right-ing” is implemented after school hours for children from Grade R – 12 and incorporates education, sports and life skills programmes (implemented through drama). Women from the farming communities are trained to implement and facilitate the daily running of the 3 R’s Programme.

The Anna Foundation aims to help each child and facilitator involved to develop a positive vision for his or her own future, while also ensuring they make a positive future contribution to South Africa as a whole.

Visit www.annafoundation.com for more information