

www.thegunrun.co.za
www.facebook.com/thegunrun
@GunRunSA #GunRun2016
@GunRunSA #GunRun2016

OUT SURANCE KFM 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

Start
Atlantic Sea Board

Finish
Green Point
Common Fields

- Manual entries close Monday 26th September 2016
- 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!



**LUCKY DRAW PRIZES INCLUDING:
R20,000 in CASH!
1 x FLAT SCREEN TV**



www.atlanticathletic.co.za
Organised by the Atlantic Athletic Club
in accordance with the rules of ASA and WPA



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

ENTRY FORM



INDICATE EVENT: Please Tick 21.1km 10km run/walk 5km fun run/walk

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

ID NUMBER:

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

FIRST NAME:

SURNAME:

ADDRESS:

SUBURB: **CODE:**

TEL: (W) **CELL:**

EMAIL:

DO YOU BELONG TO A RUNNING CLUB? Y N **2016 LICENCE NO:**

CLUB:

PROVINCE:

NO# OF GUN RUNS COMPLETED **PERMANENT NO:** **FIRST 21.1KM:** Y N

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

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

NO PREVIOUS TIME, NO SEEDING!
see www.thegunrun.co.za for info

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

NUMBER COLLECTION please tick
 SPORTSMANS WAREHOUSE CANAL WALK SPORTSMANS WAREHOUSE RONDEBOSCH SPORTSMANS WAREHOUSE SEA POINT SPORTSMANS WAREHOUSE SOMERSET MALL SPORTSMANS WAREHOUSE TOKAI SPORTSMANS WAREHOUSE TYGERVALLEY

MEDICAL AID:

MEDICAL AID NUMBER:

EMERGENCY CONTACT PERSON:

CONTACT NO:

FAX ENTRIES:
 Deposit in favour of:
 Atlantic Athletic Club Gun Run
 Bank: ABSA
 Branch: 632005 (Heerengracht)
 Account: 4062598007
 Fax entry form and deposit slip to:
 021 510 7230



EVENT	FEE	TOTAL
21.1km Club Member (Includes compulsory disposable timing chip)	R120.00	
21.1km Non-Club Member (Includes compulsory disposable timing chip)	R160.00	
21.1km 70+	FREE	
10km Run/Walk Club Member Senior (Includes compulsory disposable timing chip)	R95.00	
10km Run/Walk Non-Club Member Senior (Includes compulsory disposable timing chip)	R120.00	
10km Run/Walk Club Member Junior (Includes compulsory disposable timing chip)	R40.00	
10km Run/Walk Non-Club Member Junior (Includes compulsory disposable timing chip)	R55.00	
5km Fun Run/Walk	R40.00	
Moisture Management T-shirt	R195.00	
Jetline Action Photo (2 photos)	R110.00	
Charity Donation (Anna Foundation)	R	
TOTAL PAYMENT	R	

A 14% service fee is charged when entering online.
 Closing date for manual entries: Monday 26th September 2016

RELEASE AND WAIVER:
 I agree not to hold Atlantic Athletic Club, OUTsurance, 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 organization of the event.

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

RACE RULES

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 21.1 km 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.
9. Proof of age is required for category prizes.
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.

CHARITY



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



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



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD