

Counterse #GuinRun2016 COUTSURANCE COUTSUR





5km run/walk starts 8:30 **Start** Atlantic Sea Board

IT ALL STARTS

- 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!

Finish Green Point Common Fields

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



B242



CITY OF CAPE TOWN ISIXEKO SASEKAPA STAD KAAPSTAD

ENTRY FORM																								
INDICATE EVENT:	Please Tick							10km run/walk fun run/walk					-		G		J		1	<u> </u>	J			
AGE CATEGORY:	10km 14-				<u>1.1km Only</u> 16-19		20-39		40-49		50-59			60-6	69	7	0+							
ID NUMBER:																								
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FIRST NAME:																								
SURNAME:																								
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SUBURB:																	COD	E:						
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CLUB:																								
PROVINCE:																								
NO# OF GUN RUNS C	NO# OF GUN RUNS COMPLETED PERMANENT NO: FIRST 21.1KM:													Y	Ν									
WHAT IS YOUR BEST 21.1KM TIME IN THE LAST 12 MONTHS?																								
WHAT IS YOUR BEST	10KN	/I TIN	NE IN	I TH	E LA	ST 1:	2 MC	NTH	IS?				Н	.	MI	N				thegun				
OFFICIAL RACE T-SH	IRT				Y	N SHOE BRAN						ND:]	
T-SHIRT SIZE (Chest size armpit to arm						S M 53cm					1	L 56cm				XL 59cm				XXL 61cm				
NUMBER COLLECTION please tick	WAREHOUSE W.				W	PORTSMANS /AREHOUSE ONDEBOSCH			SPORTSI WAREHO SEA PO		OUSE	USE		SPORTSMANS WAREHOUSE SOMERSET MALL		_	SPORTS WAREH TOK		HOUSE		SPORTSMANS WAREHOUSE TYGERVALLEY		JSE	
MEDICAL AID:																								
MEDICAL AID NUMBE	ER:	[
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CONTACT NO:											21				icludes co er (Incluc					hin)		R	EE 120.00 160.00	TOTAL
FAX ENTRIES: Deposit in favour of: Atlantic Athletic Club Gur Bank: ABSA Branch: 632005 (Heeren Account: 4062598007 Fax entry form and depos 021 510 7230	gracht				2	- PE		TRAG	R		21 10 10 10 5k M Je Ch	.1km km Ru km Ru km Ru km Ru m Fun bisture tline Ac arity D	70+ n/Walk n/Walk n/Walk n/Walk Run/Wa Manage tion Ph onation	Club Me Non-Clu Club Me Non-Clu Ik ment T- oto (2 pl (Anna F ENT	mber Se b Member b Member b Member shirt notos) oundatic	nior (Inc er Senic nior (Inc er Junic n)	cludes co Or (Includ cludes co Or (Includ	mpulsory ies comp mpulsory ies compi	disposal ulsory dis disposat ulsory dis	ble timing sposable ble timing sposable t	timing ch chip) timing ch	ip) R ip) R R R R R	FREE R95.00 120.00 R40.00 R55.00 R40.00 195.00 110.00	online

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.

RACE INFORMATION www.thegunrun.co.za

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

- 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.

- o Sportsmans Warehouse Canal Walk o Sportsmans Warehouse Tokai
- o Sportsmans Warehouse Rondebosch
- o Sportsmans Warehouse Tygervalley
 o Sportsmans Warehouse West Coast
- o Sportsmans Warehouse Sea Point
- o Sportsmans Warehouse Somerset Mall

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:
 - o Sportsmans Warehouse Canal Walk
- o Sportsmans Warehouse Somerset Mall
 o Sportsmans Warehouse Tokai
- o Sportsmans Warehouse Rondeboscho Sportsmans Warehouse Sea Point
- o 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. The strip is to prevent water and body fluids from affecting the chip signal. Please do not bend or fold your race number for this could affect the antennae and also the signal capability of the chip.

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.

		21.1KM MA	LE AND FEN	IALE	10KM MALE AND FEMALE								
	1ST	2ND	3RD	4TH	5TH		1ST	2ND	3RD	4TH	5TH		
Open	R 15 000	R 10 000	R 5 000	R 3 000	R 1 500	Open	R 10 000	R 6 000	R 3 000	R 2 000	R 1 000		
Junior	R 1 500	R 1 000	R 500			Junior	R 1 500	R 1 000	R 700	R 500	R 350		
40-49	R 2 500	R1 700	R 1 200			40-49	R 2 000	R 1 500	R 1 000				
50-59	R 1 500	R 1 000	R 750			50-59	R 1 300	R 1 000	R 750				
60-69	R 1 000	R 750	R 500			60-69	R 1 000	R 750	R 500				
70+	R 700	R 500	R 350			70+	R 800	R 600	R 400				
Team 40+	R 1 000	(R250 x 4)											
Senior Team	R 1 600	(R400 x 4)											

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 21.1km 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.
- 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 swopping 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@yahoogroups.com













