

# CAPE TOWN 100 Miler & km.

THIS RACE IS RUN UNDER THE AUSPICES OF ATHLETICS SOUTH AFRICA.  
THE ASA AND IAAF RULES WILL GOVERN THIS EVENT.

## RULES AND INFORMATION

### 1. DATE OF RACE

Both ultra races will start on Saturday 29 September at 06h00. The start is at Three Anchor Bay on the promenade opposite Three Anchor Bay Road and finishes at the same venue on Sunday 30 September at 08h00.

The Cape Town 100 miler/km is restricted to runners/walkers only. A mechanical aid of any nature will not be permitted. 100 Milers will do a lap of 934 metres at the end of their 16 X 10 km laps.

### 2. ENTRY FEE

100 Miler = R195 + R25 Chip Fee

100km = R195 + R25 Chip Fee

\* A novice is a person who has not completed the CT 100 miler previously. A previous finisher is not entitled to enter as a novice.

### 3. TIMING - WinningTime

3.1 All participants will be provided with a returnable WinningTime Chip.

3.2 Failure to return the Loaned chip by 9 am Sunday 30 September will render the participant liable for the cost of R80.

3.3 Your Chip must be laced onto your running shoes for the duration of the race. NO CHIP, NO RESULTS, NO EXCEPTIONS!!!

### 4. CUT-OFF TIMES

The time limit for both the ultras is 26 hrs.  
You must retire at 08h00 wherever you are.

### 5. CLOSING DATE FOR ENTRIES

Receipt of entries close on 21 September 2007. Mailed entries must be postmarked no later than 19 September 2007. Cheques and postal orders to be made payable to **HEWAT ATHLETIC CLUB** and sent to 28 Smuts Road, Lansdowne, 7780. Direct deposit payment is the most preferable and economical method of payment. See bottom of previous page for **account number**. Deposit slips and entry forms should be faxed to The Organisers at (021) 696-3059. Please do NOT send cash by post.

### 6. ENTRY INTO BOTH RACES

6.1 This is permitted. Separate entry forms with entry fees for both should be submitted.

6.2 A separate set of race numbers will be issued for the 100 km and 100 miler races.

6.3 Both numbers (100 km and 100 miler) must be worn from start to finish.

6.4 The numbers of the entrants to both events will be distinctively colour marked.

### 5. ACKNOWLEDGMENT OF ENTRY

Only email acknowledgements will be sent by the Cape Town 100 miler/km organisers, confirming receipt of your entry and indicating your race number. **It is very important that you bring this email printout to registration.** Should you lose it, please bring your ID Document with you.

### 8. RACE NUMBERS AND REGISTRATION

You must collect your race numbers, WinningTime and courtesy bag (with T-shirt) at the Start/Finish Marquee (3 Anchor Bay) between

14h00 and 19h00 on FRIDAY 28 September 2007 or Saturday 29 September from 5h00 - 5h30.

**Two** race numbers will be issued. One must be worn on the **front** of your club running vest (current licence number at the back). The second one should be attached to the back of any garment (e.g. track-top, jersey, windbreaker etc.) which you may choose to wear at certain times during the race. Being Springtime, the weather is normally very mild at this time of the year.

### 9. PRE-RACE BRIEFING

**All** runners are required to attend the important briefing session on Saturday 29 September at 05h30 in the Marquee.

### 10. REFRESHMENT STATIONS

There will be 4 refreshment stations along the 10km loop ( $\pm 2.5$ km apart). These will be stocked with Coke, water, and Powerade. Additionally, tables with bananas, oranges, and biscuits will also be provided. Soup and bread will also be available in the marquee.

### 11. QUALIFYING TABLE

All entrants for both the Ultras must qualify by completing a race according to the following table during the period 1 JANUARY 2007 and 22 SEPTEMBER 2007.

Distance of race	Qualifying time
42.2km	5hrs00 min
48- 52km	6hrs 30min
54- 56km	7hrs 00min
60km	7hrs 50min
64km	8hrs 20min
80km	10hrs30 min
100km	13hrs 00min

**Walkers** may request special time qualifications to participate. Participants must be 20 years of age on the date of the qualifier.

### 12. SECONDING

The **NO MOBILE SECONDING** rule will be enforced very strictly. No mobile seconds of any description will be allowed on the route. The **STAND AND HAND** rule will apply. Any transgressions will lead to disqualification.

### 13. ADVERTISING

Registered Club colours and your 2007 race number in front and current licence number on your back must be worn throughout the race. In terms of IAAF rules no personal sponsors patches/markings are allowed on any competitors clothing or person.

### 14. CLUBS

South African entrants must be current licenced members of a club. Entrants from other countries must obtain clearance from their athletic body. The domicile rule will be strictly enforced. No athlete may run for a club other than a club in the province in which s/he is domiciled. Refer to the new ASA rule. Your completed entry form with your qualifying race, distance and time must be checked and signed by a bona fide club member. Any irregularities in your entry form will result in your entry being sent back to you. The Cape Town 100 miler/km organisers reserve the right to accept or reject any entry.

## 15. POSTAGE AND ENTRY FEES

Photostat your entry form and cheque or direct deposit slip before posting it. Ensure correct postage. It is recommended that you insure as a first choice or register your mail to have proof of postage. Do not use private, government or company franking machines. Postdated cheques are not acceptable. Payment to HEWAT ATHLETIC CLUB.

Entry fees are not refundable, unless entry is rejected by organisers.

Send your Entry to:  
CAPE TOWN 100 miler/km  
28 SMUTS ROAD  
LANSDOWNE  
7780. SOUTH AFRICA

## 16. TOG BAG FACILITIES

These will be provided for at the start/finish for those needing it. Please do not leave any valuables in the togbag. Vigilance by the organisers will be maintained but they will not be liable for any losses that may arise.

## 17. OTHER FACILITIES

Ample space around the main marquee is available for clubs and supporters to set up gazebo's or tents.

- REFRESHMENTS - will be on sale to supporters and the public.

- PARKING- NO Vehicles are allowed on the lawns at any time!

For your convenience a parking area behind the Sea Point library / Civic Centre is available for vehicles. It is a mere  $\pm$  50 metres from the marquee. No vehicles will be allowed onto the lawns. Vehicles violating traffic rules can expect the traffic department to take action against them.

## 18. TOILETS

Conveniently located portable and/ or public toilets along the entire loop will be accessible to athletes throughout the race. Please use these and do not foul any public areas.

## 19. ANTI-LITTER RULE

A strict anti-litter rule will be applied throughout the race. A minimum of thirty (30 - one every 350 metres) clearly marked, cardboard litter bins will be located along the entire 10 km loop. Numerous public litter bins are also found along the entire route. Runners failing to use the bins will make themselves liable for disciplinary action from race officials and referees.

## 20. MEDICAL FACILITIES

A professional medical facility will be available at the start/finish area to attend to any emergencies.

## 21. ROUTE DISTANCES

Every kilometre of the 10km loop will be clearly signposted. See the photo on the back of the entry form for details of the route. It is flat and being at sea level is suited to PB's or race/world records. Street lighting along the entire loop makes night running relatively safe.

## 22. MEDALS

All successful finishers of the 100miler/km races will receive theirs at the prize giving on Sunday. First 10 finishers = GOLD, Next 10 = SILVER, Rest = BRONZE.

## 23. PRIZE GIVING

The official Prize giving function will be held in the RACE MARQUEE at 9h00 on SUNDAY 30 September 2007. Please be punctual.

## 24. RESULTS

The only official lap scores and times will be recorded by WinningTime. In the event of a query or dispute, the Chief Referee's decision will be binding and final. Efforts will be made to display a progressive /provisional set of results at regular intervals on the notice / results board. A final and official set of results will be prominently displayed on the notice boards inside the marquee on Sunday morning 30 September preceding the prize-giving.

Many EXCITING LUCKY DRAW PRIZES will be up for grabs at this function.

## 25. PRIZE MONEY (See back page)

## 26. S.A. BEST TIME (See back page)

## 27. PRIZES

All finishers in the cut-off time receive the following:

### 100 milers:

- A. Medal
- B. Handcrafted exotic wood collectors TROPHY.
- C. \*Exclusive embroidered TRACKSUIT TOP - All novice finishers of Cape Town 100 miler may order one at registration at a subsidised cost R100. (Repeat Cape Town 100 milers may order one at registration at a cost of R185.) These will be available approximately 3 weeks after the event.

### 100 km:

- A. Medal
- B. Special certificate for sub 12 hours finishers. (Will be sent to finishers)
- C. Handcrafted exotic wood SHIELD for all finishers, may be ordered at registration at a subsidised cost of R50.00. These will be available approximately 3 weeks after the event.

## FLOATING TROPHIES

Will be awarded to the male and female winners of the 100 miler and the 100km events.

## 28. AWARDS

PERMANENT NUMBERS will be awarded to 100 milers and 100 km for 2 time winners (not consecutive), 3 times top 3 overall finishers (not consecutive), OR 5 times finishers (not consecutive)

\* Those qualifying this year, please attach a NOTE to your entry

## 29. SUBSTITUTION

Entrants in the 100 miler who choose to retire after completing 100 km, may apply to the referee to be eligible for the 100km finishers medal and shield. However, such entrant shall have no claims to any other special awards/prizes which apply to official 100 km entrants. Neither will any reduction of fee be considered.

## 30. ACCOMMODATION

For a comprehensive list of accommodation contact Cape Town Tourism Information Centre, The Pinnacle, Burg Street Cape Town Tel. (021) 426-4260 Fax: (021) 426-4266 Info: 086 1111 888

## 31. FURTHER ENQUIRIES:

ORGANISERS  
CAPE TOWN 100 miler/km  
28 SMUTS ROAD  
LANSDOWNE  
7780. South Africa.

Telephone/ facsimile +27 0722101127 fax: (021) 696 -3059

E-mail: ctfestivalofrunning@eject.co.za

Website: <http://web.eject.co.za/ctfestivalofrunning>