

RULES AND INFORMATION

1. **Date of Race**

The race will be run on SUNDAY 30 SEPTEMBER 2007 starting at 07h00 from the parking area at the top of Signal Hill.

2. **Entry Fee** : R50,00 (Inclusive of bus transport from Three Anchor Bay Finish to the start.)

The entry fee is not refundable unless entry is rejected by organisers.
The Cape Town 21.1 km classic is restricted to runners / walkers only.

3. **Acknowledgment of entry**

An email acknowledging our receipt of your entry will be sent to you, if received by the closing date 21 September 2007.

4. **Cut-off Time**

The cut-off time will be 3 hours with the finish scheduled for 10h00. You must retire at 10h00 wherever you are.

5. **Entries Close**

Entries close on Friday 21 September. This means that postal entries must bear an official post mark dated no later than 19 September. It is preferable to use the direct deposit and fax method (see account number on the bottom of the entry form) or to send entries by Registered mail. Deposit slips and entry forms should be faxed to the organisers at (021) 696-3059 or posted to **28 Smuts Road, Lansdowne, 7780**. Please do NOT send cash. The Cape Town 21.1 km Classic committee reserves the right to accept or reject an entry or extend the cut-off date. National Parks Board may place limitations on the number of participants. To avoid disappointment, please submit entries **early**.

6. **Eligibility to Participate**

You must be 16 years old or older on the date of the race. In terms of W.P.A.R.R. you must be a member of a registered club to participate or purchase a temporary licence number. Registered runners must wear club colours and have a valid 2007 licence. Runners will be issued with one race number which they must wear on the front of their vest. Their temporary licence number or 2007 licence number must be worn on the back of their vest.

7. **Age Category Tags**

To be eligible for age category prizes runners must wear numerical age category tags on the front and back of their club vest.

8. **Registration**

All runners **must** register. Runners will have to produce their email printouts, which will have been sent to them, in order to receive their race number and bus ticket.

Registration will take place in the RACE MARQUEE on the lawns at Three Anchor Bay during the following times :

FRIDAY 28 SEPTEMBER 14h00 till 19h00 and

SATURDAY 29 SEPTEMBER 10h00 till 20h00.

9. **Finishing Cards**

Each runner will be issued with a RACE CARD which must be filled in & worn throughout the race and handed in at the finish. No card - no medal !!!

THERE WILL BE NO REGISTRATION ON SUNDAY MORNING 30 SEPTEMBER!

10. **Transport to the Start.**

ALL athletes will be taken to the start by bus and NO PRIVATE VEHICLES will be allowed onto Signal Hill road on the morning of the race by traffic officers. Buses will start ferrying

athletes to the start from the finish at Three Anchor Bay from 05h30. Please ensure that you arrive **timeously** for the bus trip - **06h00** for the latest. The race will start punctually at 07h00.

11. **Medals.**

All finishers in the cut-off time will receive a MEDAL.

First 10 (ten) men and first 3 (three) women will be awarded GOLD medal.

Next 25 (twenty-five) men and 10 (ten) women will be awarded SILVER medal
BRONZE medals to all finishers within cut-off time.

12. **A TOGBAG vehicle** will be available at the start on Signal Hill to carry bags to the finish for collection. No loose items will be accepted. Do not place valuables in the togbag. Organisers will exercise vigilance but will not be liable for any losses that may arise.

13. **Advertising**

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

14. **Prize Money**

			(40+)		(50+)		(60+)	
	men	women	v.men	v.women	m.men	m.women	g/m.men	g/m.wom
1.	R600	R600	R300	R300	R 200	R200	R 150	R150
2.	R400	R400	R200	R200	R 150	R150	R 125	R125
3.	R300	R300	R150	R150	R100	R100	R 100	R100
4.	R200	R200						
5.	R150	R150						

6-10: Time Incentive for finishing under 70min = R100 each

Club **Team** Prize based on total combined times :

Men and Women - 1st team of four 4 x R150

2nd team of four 4 x R100

15. **Prizegiving**

The prizegiving will take place in the race Marquee on the lawns at Three Anchor Bay at 10h30. FLOATING TROPHIES for the overall men's and women's winner will also be awarded.

16. **Permanent Numbers**

Entrants wishing to qualify for permanent numbers need 10 finishes. Those who have completed previous 20 miler/s will be credited. Those qualifying add a note to your entry. These will be forwarded to you after the event pending verification.

17. **T-Shirts**

A limited number of high quality, non- shrink, polycotton T-Shirts will be available at registration at a cost of R50.00

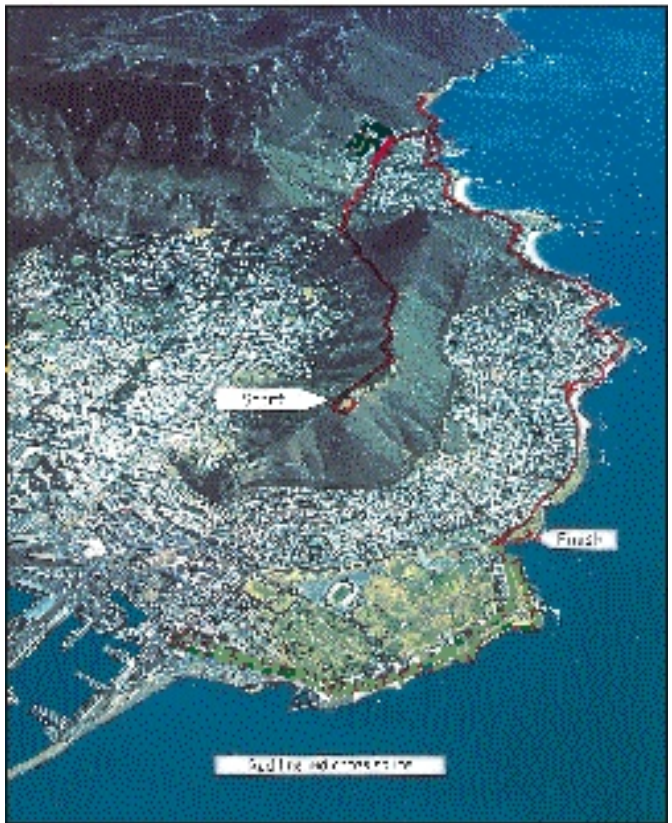
Lots of exciting lucky draw Prizes!!

Don't forget the Community Chest 10 KM Charithon Walk/ MEDALS to all finishers!

Starts Sunday 30 September 2007 at 10h00. Check entry form for details.

18. **The Route**

The start is on top of Signal Hill and follows the road to the circle from where you follow Camps Bay Drive to a left turn into Rottingdean road. At Houghton road turn left and left again into Victoria Road. Follow Victoria Road past the 12 Apostles to the turn-around at Cosy Bay before Oudekraal. Then you return along Victoria road passing Camps Bay and Clifton until the left turn down Seacliffe Road in Bantry Bay. Then follow Beach Road in Sea Point to the Three Anchor Bay finish on the promenade.



Picture courtesy of Cape Town Electricity Dept. Photo Studio

19. **Refreshment Stations**

These will be located at approximate 3 km intervals along the entire route and will provide water and/or Coke. No mobile seconds of any description will be allowed on the route. The stand and hand rule will apply. Kilometre boards will be placed at each km. mark.

20. **Anti-litter rule.**

A large litterbin will be provided at each kilometre mark and additional ones near refreshment stations. Several bins will be placed along the entire route. All athletes are required to use these. Disregarding of this rule could result in your disqualification by the race Referees. Runners are urged to assist officials in the application of this rule in this race.

21. **ENTRIES & ENQUIRIES**

CAPE TOWN 21.1 km Classic
28 SMUTS ROAD
LANSDOWNE, 7780
TEL : 072 2101127
FAX: (021) 696 3059
email: ctfestivalofrunning@eject.co.za
Website: <http://web.eject.co.za/ctfestivalofrunning>



Kevin Rochford



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"AN ASSOCIATION OF SPORTS MEDICAL PROFESSIONALS"



100 miler & km and 21.1km Charity Pledge



Dear Runner

Congratulations on choosing to take part in the 100 Mile/Kilometre Challenge and 21.1 km Classic, may we take this opportunity to wish you well in this endeavour. The Community Chest is proud to continue its partnership with these prestigious Races and Hewat Athletic Club.

The Community Chest is a non-profit, volunteer-driven organisation and is recognised as the leading professional fundraising, community investor and development organisation. In essence, the Community Chest engages people in making a contribution towards the development of the Western Cape community.

The Community Chest has distributed more than R 11 million for the year 2002/03 to the more than 520 Social and Welfare Development Agencies it supports.

You can contribute to our fundraising efforts by:

- * Making an up-front donation to the Community Chest, when you complete this entry form
- * Getting pledges from your friends, family and business associates.
- * Obtaining sponsorship per kilometre of the race you enter. An official pledge form will be sent to you on request.

We wish you a great race, and the satisfaction of knowing that, for every kilometre you run, you will be helping others less fortunate than yourself.

Kind regards

A handwritten signature in black ink, appearing to be "Greg Damster".

Greg Damster

MANAGER: Special Events, Competitions and Promotions