

ENTRY FORM

Hewat Athletic Club
presents the thirteenth



Note: New
Fri. Start Time!

Exciting Lucky
draw Prizes!

Incorporating WPA 100km Championship

Run under the Rules of Athletics South Africa & W.P.A.

Two Oceans &
Comrades qualifier!

Goody Bags
for all!

CAPE TOWN SOUTH AFRICA
Sat. 25 Sep. & Sun. 26 Sep. '10

At the tip of Africa, against the spectacularly scenic background where the fabled two oceans meet, arrives the ultimate endurance challenge: the CAPE TOWN 100 miler. The venue is nestled against the foot of the majestic Signal Hill and the route hugs the Atlantic Ocean where the runners can almost feel the waves lapping at their feet, in a 10 km loop, which is well lit at night and traffic free, with refreshment stations to boot! This splendid loop will be repeated 16 heart-stopping times!



CITY OF CAPE TOWN | ISIXEKO SASEKAPA | STAD KAAPSTAD

THIS CITY WORKS FOR YOU



CAPE TOWN 100 Miler & km.

THIS RACE IS RUN UNDER THE AUSPICES OF W.P.A. & 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 Friday **24 September at 24h00.(Midnight)**
The start is on the promenade behind the Mouille Point lighthouse,(**This is a new venue for 2010**) and finishes at the same venue on Sunday 26 September at 02h00. (26 hours)

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 = R250 +R25 Chip Fee

100 km = R195 +R25 Chip Fee

* A novice is a person who has not completed the C.T. 100 miler previously.

3. TIMING - Electronic Chip Timing

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

3.2 Failure to return the Loaned chip by 2 am Sunday 26 September will render the participant liable for the replacement cost of R70.

3.3 Your Chip must be laced onto one of 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 02h00 wherever you are.

5. CLOSING DATE FOR ENTRIES

Receipt of entries close on 20 September 2010. Mailed entries must be postmarked no later than 18 September 2010. 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 preferable method of payment. See **bottom** of previous page (entry form) for **account number**. Deposit slips and entry forms should be faxed to The Organisers at (021) 696-4502. 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.

6.5 Entry to the 100miler gives you automatic entry to the 100km, but not the prizemoney for the 100km. (Downgrading - see rule 29)

7. ACKNOWLEDGMENT OF ENTRY

Only email acknowledgements will be sent by the Cape Town 100 miler/km organisers, for postal and faxed entries. **It is very important that you bring this email printout to registration.** Should you lose it, please bring your ID Document with you. Be sure your e-mail address is clear and legible.

8. RACE NUMBERS AND REGISTRATION-

You must collect your race numbers, Timing Chip and courtesy bag (with **T-shirt**) at the Start/Finish Marquee (Behind the Lighthouse) between 19h00 and 23h30 on FRIDAY 24 September 2010.

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 front 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 mild at this time of the year.

9. PRE-RACE BRIEFING

All runners are required to attend the important briefing session on Friday evening **24 September at 23h30** in the Marquee.

10. REFRESHMENT STATIONS

There will be 4 refreshment stations along the 10km loop (± 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 2010 and 20 SEPTEMBER 2010.

Distance of race	Qualifying time
42.2 km	5hrs00 min
48 - 52 km	6hrs 30 min
54 - 56 km	7hrs 00 min
60 km	7hrs 50 min
64 km	8hrs 20 min
80 km	10hrs30 min
Comrades	sub 12hrs
100 km	13hrs 00 min

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 2010 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 Federation. No athlete may run for a club other than a club in the province in which s/he is domiciled. Refer to the 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. Entry fees are not refundable, unless entry is rejected by organisers. All payments in favour of HEWAT ATHLETIC CLUB.

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 on the lawns near the main marquee is available for clubs and supporters to set up gazebos or tents.

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

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

For your convenience there is parking opposite the lighthouse for vehicles. It is a mere ± 50 metres from the lawns. 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. Several 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 front of the entry form for details of the route. It is flat and being at sea level is suited to running 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 5 finishers = GOLD, Next 5 = SILVER, Rest = BRONZE.

23. PRIZE GIVING

The official Prize giving function will be held at the GRAND PARADE (finish of C.T. Marathon- opposite City Hall) at 11h00 on SUNDAY 26 September 2010. Please be punctual.

24. RESULTS

The only official lap scores and times will be recorded by Electronic Chip Timing. 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 in the marquee. A final and official set of results will be displayed on a notice board at the Parade on Sunday morning 26 September preceding the prize-giving.

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

25. PRIZE MONEY (See next column)

26. S.A. BEST TIME (See next column)

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 the Cape Town 100 miler may order one at registration at a subsidised cost R175. (Repeat Cape Town 100 milers may order one at registration at a cost of R215.) These will only be available several 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. *** These will be available several weeks after the event.

*** The provision of Trophies and Shields is subject to the organisers securing a sponsor!

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 allocated 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 (Downgrading)

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 ,

Burg Street

Cape Town

Tel. (021) 487 6800 Fax: (021) 487 6899.

31. FURTHER EVENT ENQUIRIES:

ORGANISERS

CAPE TOWN 100 miler/km

28 SMUTS ROAD

LANSDOWNE

7780. South Africa.

Telephone +27 072 2101127 fax: (021) 696 - 4502

E-mail: 4adu@telkomsa.net

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

PRIZE MONEY

100 Miler

Men	Women
1. R 1500	R1500
2. R 750	R 750
3. R 500	R 500

100 Km

Men	Women
1. R 1000	R 1000
2. R 500	R 500
3. R 300	R 300

WPA 100km Championship Prize Money - Men and Women (WP registered athletes only)

1	R500 plus Gold Medal
2	R300 plus Silver Medal
3	R100 plus Bronze Medal

COURSE RECORDS

Overall male	GRAHAM MEYER'S	100km	time of	7h 05m 36s
Overall female	STYNTJIE PRINS'S	100km	time of	9h 01m 05s
Overall male	JOHANNES GAWAXAMAB'S	100 mile	time of	14h 04m 25s
Overall female	MICHELLE STEWART'S	100 mile	time of	15h 44m 55s

S.A. BEST TIME

Overall male	BRUCE FORDYCE'S	100km	time of	6h 25m 07s
Overall female	HELEN JOUBERT'S	100km	time of	7h 31m 47s
Overall male	WALLY HAYWARD'S	100 mile	time of	12h 20m 28s
Overall female	RAE BISCHOFF'S	100 mile	time of	14h 53m 06s