

# 25<sup>th</sup>



life

2017 **kfm** 94.5



[www.thegunrun.co.za](http://www.thegunrun.co.za)



[www.facebook.com/thegunrun](http://www.facebook.com/thegunrun)



@GunRunSA #GunRun2017



@GunRunSA #GunRun2017

**START:** Beach Road, Granger Bay

**FINISH:** Green Point Common

# SUN 8 OCTOBER 2017

ENTER ONLINE: [www.thegunrun.co.za](http://www.thegunrun.co.za)

## 21.1km

START 06:30  
NO CHIP, NO RESULT.

## 10km

START 07:15  
NO CHIP, NO RESULT.

## 5km

START 08:30  
NO ENTRIES ON RACE DAY.

Manual entries close Sunday 17 September 2017

Online entries close Sunday 24 September 2017

NO LATE ENTRIES WILL BE ACCEPTED AFTER THIS DATE EXCEPT FOR THE 5KM.

- CUT-OFF TIME FOR ALL DISTANCES IS 10AM
- 21.1KM & 10KM ARE SEEDS EVENTS
- SOCIAL WALKERS WELCOME IN THE 10KM AND 5KM ONLY



LUCKY DRAW PRIZES INCLUDE  
**R25 000 IN CASH!**  
1 x FLAT SCREEN TV



[www.atlanticathletic.co.za](http://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**  **5km**  
No under 16 yrs. No under 14 yrs. run/walk run/walk run/walk

**AGE CATEGORY**  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.**  **CELL**

**EMAIL**

**DO YOU BELONG TO A RUNNING CLUB**  **Y**  **N** **2017 LICENCE NO.**

**CLUB**

**PROVINCE**

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

**WHAT IS YOUR BEST 21.1KM TIME IN THE LAST 12 MONTHS?**

**WHAT IS YOUR BEST 10KM TIME IN THE LAST 12 MONTHS?**

**OFFICIAL RACE T-SHIRT**  **Y**  **N** **SHOE BRAND**

**T-SHIRT SIZE** (Chest size armpit to armpit in cm)  **S**  **M**  **L**  **XL**  **XXL**  
51cm 53cm 56cm 60cm 64cm

**NUMBER COLLECTION**  SPORTSMANS WAREHOUSE CANAL WALK  SPORTSMANS WAREHOUSE RONDEBOSCH  SPORTSMANS WAREHOUSE SEA POINT  SPORTSMANS WAREHOUSE SOMERSET MALL  SPORTSMANS WAREHOUSE TOKAI  SPORTSMANS WAREHOUSE TYGER VALLEY

**MEDICAL AID**

**MEDICAL AID NUMBER**

**EMERGENCY CONTACT PERSON**

**CONTACT NO**

**NO PREVIOUS TIME, NO SEEDING!**  
 see [www.thegunrun.co.za](http://www.thegunrun.co.za) for info

**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



**RELEASE AND WAIVER:**  
 I agree not to hold Atlantic Athletic Club, OUTsurance Life, 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.

EVENTS	FEE	TOTAL
21.1 KM CLUB MEMBER	R160.00	
21.1 KM NON-CLUB MEMBER	R210.00	
21.1 KM 70+ CLUB MEMBER	FREE	
21.1 KM 70+ NON-CLUB MEMBER	R50.00	
10KM SENIOR CLUB MEMBER	R120.00	
10KM SENIOR NON-CLUB MEMBER	R150.00	
10KM JUNIOR CLUB MEMBER	R60.00	
10KM JUNIOR NON-CLUB MEMBER	R75.00	
5KM FUN RUN	R50.00	
T-SHIRT	R210.00	
ACTION PHOTO	R120.00	
CHARITY DONATION (IKAMVA LABANTU)	R	
<b>TOTAL</b>	<b>R</b>	

**A 14% SERVICE FEE IS CHARGED WHEN ENTERING ONLINE**  
 Closing date for manual entries: Sunday 17 September 2017

**SIGNED:** \_\_\_\_\_ Signature of parent or guardian if under the age of 18

# RACE INFORMATION



## HOW TO ENTER

### 1. ONLINE

Enter online at [www.thegunrun.co.za](http://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](mailto:info@topevents.co.za).

Closing date for online entries and payment is midnight on Sunday 24 September 2017.

**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

Complete your entry form and fax it along with your deposit slip to (021) 510 7230. Closing date for fax entries is 17 September 2017.

### 3. IN STORE ENTRIES

Hand deliver your entry form and cash to a cashier in any of the Sportsmans Warehouse stores listed 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 17 September 2017.

You can enter at the following Sportsmans Warehouse stores in the Western Cape.

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

**Please note the indemnity section needs to be signed in order for your entry to be processed.**

5. Entry fees are non refundable.

**6. No upgrades, downgrades and/or substitutions will be allowed at number collection or after Sunday 17 September 2017.**

**Seeding: NO adjustments or additions to times will be done after the 17 September 2017.**

## CONFIRMATION OF ENTRY

1. All entrants will receive a confirmation email when their entry has been processed (if an email address is provided).

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 6 October 2017 from 12:00 - 18:00 and Saturday 7 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 6 October from 12:00 - 18:00 and Saturday 7 October from 09:00 - 16:00.

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

## PHOTOGRAPHS

Jetline Action Photo is proud to be part of the OUTsurance Life KFM Gun Run 2017. 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 R120.00.

Visit [www.jetlineactionphoto.com](http://www.jetlineactionphoto.com) to view your images.

## MEDAL ENGRAVING

Have your finishing time engraved on your medal at the finish line for R40.00 for the ultimate personalized achievement.

Pre-order your engraving at <http://timekeepsa.weebly.com/pre-order.html>

Contact [timekeepsa@gmail.com](mailto:timekeepsa@gmail.com) for more information

## 21.1KM & 10KM DISPOSABLE TIMING CHIPS

Your timing chip will be placed on your race number. The race number must be worn on the front of your vest and visible at the finish line. There is a foam strip on the back of the race number. Please do not remove the timing chip and foam strip from the race number – doing so will result in NO finish time. For safety and timing purposes, ONLY the person assigned to this race number may use it.

## PRIZE GIVING AND PRIZE MONEY

1. Prize giving will take place at 10:30 where category winners will receive their prizes followed by the lucky draws.

2. Participants must be present with their race number to claim prizes in the lucky draw.

### 21.1KM MALE AND FEMALE

	1ST	2ND	3RD	4TH	5TH
OPEN	R25 000	R17 000	R10 000	R7 000	R4 000
JUNIOR	R2 000	R1 500	R1 000		
40-49	R3 000	R2 000	R1 000		
50-59	R2 000	R1 500	R1 000		
60-69	R1 500	R1 000	R750		
70+	R1 000	R750	R500		
TEAM 40+	R1 000	(R250x4)			
OPEN TEAM	R1 600	(R400x4)			

### 10KM MALE AND FEMALE

	1ST	2ND	3RD	4TH	5TH
OPEN	R15 000	R10 000	R5 000	R3 000	R1 500
JUNIOR	R3 000	R2 000	R1 500	R1 000	R500
40-49	R2 500	R2 000	R1 500		
50-59	R1 300	R1 000	R750		
60-69	R1 500	R1 000	R750		
70+	R800	R600	R400		

## GENERAL INFORMATION

1. Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees.

2. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

3. For information on parking at the event please visit [www.thegunrun.co.za/event-info/parking-plan](http://www.thegunrun.co.za/event-info/parking-plan).





# RACE RULES



1. The OUTsurance Life KFM Gun Run is run in accordance with the rules of ASA and WPA.
2. The OUTsurance Life 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. One race number (bib) will be issued. Registered athletes must wear their ASA licences on front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA license, so that the ASA licence sponsor remains visible. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
4. Temporary licences are available at R50 for the 21.1km and R30 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).
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 1998 onwards) wearing a junior or a senior licence must wear an age category tag to qualify for age group prizes. Juniors to count for the OPEN team prize.
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. All entry fees are 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 approximately 10:30.
24. Results will be available at [www.thegunrun.co.za](http://www.thegunrun.co.za), [www.wpa.org.za](http://www.wpa.org.za) and at [www.topevents.co.za](http://www.topevents.co.za).
25. The use of music players with headphones is not allowed and may result in disqualification. (ASA rule 30.10.6) IAAF Rule 144.2b. Any athlete who fails to obey a reasonable instruction from a race official, may be disqualified and shall not be eligible for individual or team prizes.
26. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.

## ikamva labantu

## CHARITY

Ikamva Labantu is committed to creating sustainable socio-economic change in Cape Town's township communities.

By working hand-in-hand with community members, we seek to empower individuals and communities to become self-sufficient through the provision of training, support and resources.

With over 50 years of experience, we have become one of the largest non-governmental organisations in South Africa.

Our team is over 130 strong, of which at least 100 live in the communities we serve. We reach 20,000 children and adults every day through three programmes: Early Childhood Development, Child and Youth Enrichment and our Seniors Programme.

We aim to provide a holistic support structure to those we care for through our Support Services: Family, Health and Community Relations.

Visit [www.ikamva.org](http://www.ikamva.org) for more information or find us on Facebook, Twitter and Instagram.

[facebook.com/IkamvaLabantu/](https://facebook.com/IkamvaLabantu/)

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[www.waterfront.co.za](http://www.waterfront.co.za)

