



 www.facebook.com/thegunrun

 @GunRunSA #GunRun2015

 #GunRun2015

OUT SURANCE GUN RUN 2015

Sunday 11th October 2015

● Start: Beach Road, Mouille Point

● Finish: Hamiltons Rugby Club

21.1km

run starts
6h30

No chip,
no result

10km

run/walk starts
7h15

No chip,
no result

5km

run/walk starts
8h30

Enter online: www.thegunrun.co.za

Cut-off time for all distances is 10h00. Social walkers welcome!

21.1km & 10km are seeded events. **NO TIME NO SEEDING!**

Entries close Sunday 27 September 2015

No late entries will be accepted after this date except for the 5km

Lucky Draw prizes include:

R20,000 in CASH!

2 x 40" SAMSUNG HD TV'S



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

RACE RULES

1. The OUTsurance 94.5 KFM Gun Run is run in accordance with the rules of ASA and WPA.
2. The OUTsurance 94.5 KFM Gun Run half marathon & 10km are open to all licenced and non-licenced runners of 16 years and older for the Half Marathon and 14 years and older for the 10km.
3. Licenced runners should wear club colours. Official event race numbers to be worn on the front and a 2015 licence number on the back of the vest.
4. Temporary licences are available at R35 for the 21.1km and R20 for the 10km Senior and R10 for 10km Junior events.
5. Temporary licenced 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. Unlicenced 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 up 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 1996 or later) 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 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. 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 10h30.
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 during road races is strongly discouraged. Any person using such a device in contravention of IAAF Rule 144.3(b), who fails to obey a reasonable instruction from a race official, may be disqualified and shall not be eligible for individual or team prizes.

CHARITY

ikamva labantu

Ikamva Labantu's programmes are driven by the needs of the communities we serve. We work with community leaders, teachers, parents, caregivers and families. We listen to what they have to say and we talk about their needs, and then we empower them to find and implement solutions, enabling them to achieve independent and fulfilled lives for themselves and for those they help and care for. We are dedicated to supporting those most vulnerable in South Africa's deprived township communities.

- ◆ Our Vision: Every human being has the right to a dignified life.
- ◆ Our Mission: Enable communities to be self-reliant because they have hope, information, support and resources.
- ◆ Our Values: our work is always driven and owned by actively involved community members.
- ◆ Dedicated people: We work with focused, selfless and cause-driven people who show tireless dedication to addressing community needs. As thought leaders we recognise that community needs evolve and change and therefore our responses are flexible, forward-thinking and supportive.
- ◆ Self-sufficiency: We support the entrepreneurial spirit that drives community action to self-sufficiency.
- ◆ Collaboration: We believe in the power of collaboration by connecting people and building their capacity.

Visit

www.ikamva.org.za
for more information



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