

#MY GUN RUN

2019



SUNDAY 20/10/19

START: BEACH ROAD, GRANGER BAY

FINISH: GREEN POINT COMMON

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 29 SEPTEMBER 2019**

ONLINE ENTRIES CLOSE | **SUNDAY 6 OCTOBER 2019**

*LIMITED ENTRIES AVAILABLE - NO LATE ENTRIES WILL BE ACCEPTED
AFTER THESE CLOSING DATES*

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

LUCKY DRAW PRIZES INCLUDE
R20 000 cash!

 www.thegunrun.co.za

 www.facebook.com/thegunrun

 @GunRunSA #GunRun2019

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For more event information please contact Top Events
on (021) 511 7130 or email entries@topevents.co.za

HOW TO ENTER

1. ONLINE

Enter online at 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. Closing date for online entries and payment is midnight on Sunday 06 October 2019.

Please note if payment is not received within 72 hours 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 29 September 2019.

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 29 September 2019

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

- Sportsmans Warehouse West Coast
- Sportsmans Warehouse Sea Point
- Sportsmans Warehouse Tokai
- Sportsmans Stellenbosch
- Sportsmans Warehouse Rondebosch
- Sportsmans Warehouse Somerset Mall
- Sportsmans Warehouse Tygervalley

4. 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 Friday 27 September 2019.

Seeding: NO adjustments or additions to times will be done after the 27 September 2019.

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 18 October 2019 from 12:00 - 18:00 and Saturday 19 October 2019 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 18 October 2019 from 12:00 - 18:00 and Saturday 19 October 2019 from 09:00 - 16:00.
 - Sportsmans Warehouse West Coast
 - Sportsmans Warehouse Sea Point
 - Sportsmans Warehouse Tokai
 - Sportsmans Warehouse Rondebosch
 - Sportsmans Warehouse Stellenbosch
 - Sportsmans Warehouse Tygervalley

PHOTOGRAPHS

Jetline Action Photo is proud to be part of the OUTsurance Life KFM Gun Run 2019. 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 to view your images.

MEDAL ENGRAVING

Have your finishing time engraved on your medal at the finish line for R45.00 for the ultimate personalized achievement. Pre-order your engraving at <http://timekeepsa.weebly.com/pre-order.html> Contact 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 09:30 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	R18 000	R12 000	R8 000	R5 000
40-49	R3 000	R2 000	R1 500		
50-59	R2 500	R2 000	R1 500		
60-69	R2 000	R1 500	R1 000		
70+	R1 000	R750	R500		
TEAM 40+	R1 050	(R350x3)			
OPEN TEAM	R1 600	(R400x4)			

10KM MALE AND FEMALE

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



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 on race day.
3. One race number (bib) will be issued. Registered athletes must wear their ASA licenses 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 license sponsor remains visible. Temporary licensed runners must wear the race number on the front of their vest and the temporary license on the back.
4. Temporary licenses are available at R60 for the 21.1km and R40 for the 10km Senior and R25 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). Licensed athletes to wear club colours.
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 2000 onwards) wearing a junior or a senior license 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 09:30.
24. Results will be available at www.thegunrun.co.za, www.wpa.org.za and at www.topevents.co.za.
25. The use of music players with headphones is not allowed and may result in disqualification. (The ASA rule is now 34.10.6).
26. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
27. Wheelchair athletes to please contact the organisers timeously to make arrangements for their participation.
28. Temporary license holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
29. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize including juniors.
30. 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. #RunClean.

NOEL STANTON EDUCARE CENTRE

Noel Stanton Educare Centre was opened in 1996 by the Catholic Welfare and Development. Located in Ravensmead, Bellville in the Western Cape, the centre gives care to the children in the community, helping parents who can't afford to be full-time care givers to their children.

In 2012, when the centre had no money to keep its doors open, Aunty Bella, who one of the staff at the time, took over the centre with the help of a donation by a priest. Since then, Aunty Bella's vision has been on the kids and trying to keep them off the streets.

Running with little to no capital, the centre has eight caregivers who take care of fifty children from the neighbourhood. The centre also helps out the children of parents who don't work, affording them a chance to an education.

Aunty Bella has since registered the centre as an NPO, to try and raise funds for the children they take care of. The community of Ravensmead also lends a helping hand by donating food parcels and work together with the centre to make sure that all the kids are fed. Noel Stanton Educare Centre is a clear example that it takes a village to raise a child.

9 Myrtle Str, entrance on corner of Erica Lane & Uitsig Avenue, Ravensmead, Uitsig. Aunty Bella can be contacted for more information on 063 946 9023.



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