



RACE INFORMATION

- **Venue:** Hout Bay
Chapman's Peak Drive will be closed to traffic

| | | |
|------------|---------|---------|
| Distance | 21.1km | 10km |
| Start Time | 06:30am | 07:10am |

- **Entries limited to 2500 runners. Enter Early to book your place.**
 - » Enter online: www.chapmanspeakhalf.co.za or Pick n Pay Store
 - » Online Entries Closing date: Friday 27th Sept 2019 at 5pm
 - » Paper Entries Closing date: Friday 20th Sept 2019 at 5pm
- Entry Fees are not refundable unless the entry is rejected by the organiser less any bank charges.
- Athletes who have forgotten their temporary licences at home on race day will need to purchase a new one. (21.1km - R60 & 10km - R40 & 10km Junior - R25)
- **Race enquiries:** 082 643 6186 (9am - 4pm)
Organising Club: Hout Bay Harriers
Race Number collection will be at:

| Date | Time | Venue |
|--------------------------------|----------------|---------------------------------|
| Thurs 10 th October | 14:00 to 17:00 | The Vine in Hout Bay |
| Fri 11 th October | 11:00 to 14:00 | Sportsmans Warehouse Tygerberg |
| Sat 12 th October | 09:00 to 14:00 | Sportsmans Warehouse Rondebosch |

Please note that the start will not be delayed for those picking numbers up on race day.

- In order for your entry to be processed. Make sure the "Release and Waiver Section" is signed.
- **Parking:** Please note there is limited parking space at the finish (Kronendal Primary School). We strongly encourage you to car share and to arrive early to find a parking between the start and the finish.
- **Results and Prize Giving**
 - » **Please note: Your Race Number will contain a timing tag. Do not remove or damage it.**
 - » **No timing tag = No time = No result**
 - » Results will be posted on www.chapmanspeakhalf.co.za and www.wpa.org.za
 - » Prize giving will be at 09:30am on the field.
 - » Lucky draw prizes - winners must be present at the prize giving ceremony to be able to claim their prizes.
- **Finish** - Participants will receive a cold cup of Coke and a medal. Refreshments will be on sale at the event.
- **Cut off Time** - Cut off time for all races is 09:45am (21km - 03:15, 10km - 02:40)
- **Baggage:** A tog bag facility will be available at the start. Bags will be transported to the finish. All items are stored at owner's risk. Please ensure that your bag is clearly marked with your race number.

ROUTE INFORMATION

- **Start** - at Velocity Sports Lab at the east side of the beach.
- **Finish** - at Kronendal Primary School
- **Route:** Participants must stay on the **left-hand side** of the road at all times, unless instructed differently by the marshals and Traffic Officers.
- Distance markers will be placed at every kilometre. Please see route map on website (www.chapmanspeakhalf.co.za) for more information.
- **21.1 km** - This route is very scenic along the coastal road from Hout Bay to Noordhoek and back.
- **10km** - This route is very scenic along the coastal road from Hout Bay to the top of Chapman's Peak drive and back.
- The use of Chapman's Peak Drive is at your own risk. Please note there is the possibility of rock falls and the danger associated therewith.
- **Water stations** - will be provided at:

| 21.1 km | Hydration | 10 km |
|---------|--------------|-------|
| 4 km | Water | 3 km |
| 9 km | Water & Coke | 6 km |
| 12 km | Water | - |
| 17 km | Water & Coke | - |

Water and Coke will be provided in cups. As part of our environmental plan, this is a **plastic free event**. We encourage you to carry your own bottle or cup. There will be opportunities to fill up at the water stations. In addition paper cups will be available at the refreshment stations but must be drunk and disposed of before leaving the station.

- **Main Prize Money - Men and Women**

| | 21.1 km | | | | | 10 km | | |
|---------|------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | 1 st | 2 nd | 3 rd | 4 th | 5 th | 1 st | 2 nd | 3 rd |
| Open | R1500 | R1000 | R700 | R400 | R300 | R650 | R450 | R350 |
| 40 - 49 | R900 | R600 | R400 | | | R250 | R200 | R150 |
| 50 - 59 | R900 | R600 | R400 | | | R250 | R200 | R150 |
| 60 - 69 | R600 | R400 | R200 | | | R250 | R200 | R150 |
| 70+ | R600 | R400 | R200 | | | R250 | R200 | R150 |
| 14 - 19 | | | | | | R450 | R350 | R300 |
| Team | R1000 (4 x R250) | | | | | | | |

* **CLUB TEAM PRIZES**
(calculated on total combined times)

KING & QUEEN OF THE MOUNTAIN:

First male and female to reach the top of Chapman's Peak for the 21.1km will receive a voucher from The Vine as long as they complete the race.

HOUT BAY

SPAR





RULES

- The race is run in accordance with the rules of ASA and WPA. All participants must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The race organiser reserves the right to accept / reject any entry received.
- The athlete agrees to participate at their own risk and by their entry and participation fully indemnifies the organisers of the Chapman's Peak Half Marathon, Athletics South Africa, Western Province Athletics, City of Cape Town, Province, Entilini Concessions (Pty) Ltd, Sport Redefined, all official sponsors and partners, volunteer groups, medical suppliers, and any and all local authorities, from any direct or indirect loss or damage, however caused, arising from their participation in the event or related to the event, including pre-race and post-race activities.
- The Chapman's Peak Half Marathon takes place on Sunday 13 October 2019 - Hout Bay.
- Licensed athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
- One race number (bib) will be issued. Registered athletes must wear their 2019 ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, 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.
- Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
- No swapping of race numbers is permitted as the race number is linked to your name and finishing time. Any swapping may result in your disqualification.
- Categories & [Tags]:** Age (40-49) [40] Age (50-59) [50] Age (60-69+) [60] Age (70+) [70] **Junior Category [J]** is less than 20 years old with the minimum age for each distance.
 - 21.1km** - Minimum age 16 years on race day
 - 10km** - Minimum age 14 years on race day
- 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.
- 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
- Juniors (born in 2000 or later) wearing a senior or junior licence must display category tags "J", to qualify for age group prizes. Juniors will count towards Open team prizes.
- Runners must give proof of their age at the request of the Race Referee (Original ID / Birth Certificate / Permanent residence Permit)
- Temporary Licence Runners are eligible for an individual age category prizes provided they enter the relevant age group, wear the appropriate age tags on the front and back and provide proof of age.
- No personal seconding will be permitted, on Chapman's Peak Drive.
- Do not litter. Dispose of cups and other litter responsibly by using the bins provided. Report offenders to the referees. #RunGreen #RunClean #ICarryMyOwn.
- For safety reasons the use of personal music players during road races is not allowed and may result in disqualification.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- All entry fees are non-refundable and non-transferable under all circumstances, including, but not limited to, cancellation of the event or of the athlete's participation, or change in the date, nature, or format of the event. The event may be cancelled or changed due to severe weather or any other factors that may be deemed to threaten the safety of athletes, staff, or volunteers.

ENTRY FEES

| Race | Entry Fee |
|---|----------------|
| 21.1 km | R130.00 |
| 21.1 km Temp License | R190.00 |
| 10 km | R70.00 |
| 10 km Temp License | R110.00 |
| 10 km Junior | R50.00 |
| 10 km Junior Temp License | R75.00 |
| T-shirt (Orders Close 11th September 2019) | R229.00 |

A 10% Service fee is charged when entering online

HOUT BAY

SPAR



ENTRY FORM

SUNDAY 13th OCTOBER 2019
21.1KM • 10KM



INDICATE EVENT

Please tick 21.1 km 10 km

AGE CATEGORY

JUNIOR 20 - 39 40 - 49 50 - 59 60 - 69 70 +

ID NUMBER

DATE OF BIRTH

AGE Gender MALE FEMALE

SURNAME

FIRST NAME

CELL NUMBER

NATIONALITY

EMAIL

MEDICAL AID

EMERGENCY CONTACT PERSON

EMERGENCY CONTACT NUMBER

DO YOU HAVE ANY MEDICAL CONDITIONS?

YES NO

If 'yes' please specify: _____

DO YOU BELONG TO A RUNNING CLUB?

YES NO

CLUB

LIC #

NUMBER COLLECTION PLEASE TICK

SPORTSMANS RONDEBOSCH SPORTSMANS TYGERVALLEY THE VINE

T-SHIRT SIZE

| | X-SMALL | SMALL | MEDIUM | LARGE | X-LARGE |
|-------|-------------------------------|-------------------------------|--------------------------------|--------------------------------|--------------------------------|
| Men | <input type="checkbox"/> 94cm | <input type="checkbox"/> 94cm | <input type="checkbox"/> 100cm | <input type="checkbox"/> 106cm | <input type="checkbox"/> 112cm |
| Women | <input type="checkbox"/> 88cm | <input type="checkbox"/> 88cm | <input type="checkbox"/> 94cm | <input type="checkbox"/> 100cm | <input type="checkbox"/> 106cm |

EMAIL ENTRIES
Payment details
Bank Name: First National Bank
Branch Name: Tokai
Account Holder: Sport Redefined
Account Number: 62444672019
Branch Number: 200409
Deposit Ref: Name & Surname
Send to:
info@chapmanspeakhalf.co.za
Queries call: 082 643 6186

| PAYMENTS | 21 KM | 10 KM | 10 KM JUNIOR | TOTAL |
|---|---------|---------|--------------|-------|
| ENTRY FEE (LICENCED) Includes compulsory disposable timing chip at R15.00 | R130.00 | R70.00 | R50.00 | |
| ENTRY FEE (UNLICENCED) Includes compulsory disposable timing chip at R15.00 | R190.00 | R110.00 | R75.00 | |
| CHARITY DONATIONS | | | | |
| T-SHIRT (Orders Close 11 th September 2019) | R229.00 | R229.00 | R229.00 | |
| TOTAL | | | | |

A 10% SERVICE FEE IS CHARGE WHEN ENTERING ONLINE

I HAVE READ AND ACCEPT THE WAIVER
(see full waiver on following page)

Signature Signature of parent or guardian if under the age of 18

WAIVER

SUNDAY 13th OCTOBER 2019
21.1KM • 10KM



Indemnity

By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the Chapman's Peak Half Marathon, Athletics South Africa, Western Province Athletics, City of Cape Town, Province, Entillini Concessions (Pty) Ltd, Hout Bay Harriers, Sport Redefined, all official sponsors and partners, volunteer groups, medical suppliers, and any and all local authorities, from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

MINOR RELEASE: and I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper

physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

Condition of Entry

Entry into Chapman's Peak Drive is at your own risk. None of Entillini Concession (Proprietary) Limited (the Concessionaire), Entillini Operations (Proprietary) Limited (the operator), the Provincial Administration of the Western Cape, the South African National Parks Board, their respective servants and employees will be liable for any death or injury to any person or loss or damage to any property whilst you are on Chapman's Peak Drive, irrespective of the cause of such death injury, loss or damage, including any act or omission of any of the above mentioned, whether negligent or not.

Any person using or entering Chapman's Peak Drive indemnifies each of above named against all and claims which may be brought against them or any of them by any dependant of such person.

In addition, the driver of any vehicle indemnifies each of the above names against all and any claims which may be brought again them or any of them, by any passenger in such vehicle or any dependant of any such passenger.

