



28TH TOKAI MANOR HOUSE RUN

SUNDAY 26 NOVEMBER 2023

**16km
8km Fun Run**

**starts 6.30am
starts 6.45am**

**Venue: Cape Academy of Maths, Science and
Technology, Firgrove Way**

GPS -34.0494151,18.4280964

ENTRY FEES

16km	Registered Runners	R120
16km	Unregistered Runners <i>Includes a temporary licence</i>	R180
8km Fun Run	All Runners – no licence reqd	R30

Registered Runners over 70 years of age may enter for free by showing their Identity Document at registration on the day

**Please carry
your own water.
There will be
self-help refill
stations.**

WATER AND LITTER

As this event is run on the Tokai Greenbelts it has been declared a plastic free event with special permission of the WPA Road Running Commission. There is a strict no-litter policy in place and **NO WATER SACHETS** on the route. Do not litter. Please dispose of litter responsibly by using the boxes provided or carrying litter to the finish. Report offenders to the referees. In the spirit of #RunClean, **please provide your own full water bottle, 500ml recommended.**

There will be **SELF-HELP** water refill stations approximately every 4kms. Water to be self-filled at water stations – no cups are provided.

#RunClean – #BringYourOwnBottle – #RunGreen



DISCLAIMER: Participants in this event do so at their own risk and release and discharge the organizers, sponsors, provincial and national athletics bodies and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event.

SUPPORT CAPE ACADEMY

Support the pupils of CA by donating personal toiletries in the donation box at the race (soap, deodorant, pads, toothbrush, toothpaste etc.), or by making a financial donation when you enter.

TOKAI MANOR HOUSE INFORMATION

ENTRIES

Enter online at www.entertime.com until **20 November 23**. Online entries will incur a 6% administration fee. Enter in person / collect numbers at **Sportsman's Warehouse Rondebosch** on Friday 24 November between 3pm -6pm and Saturday 25 November between 10am - 2pm. This is a cashless race for safety reasons - online entries or alternatively manual entries (using ~~Southwest~~ payment) at ~~Southwest~~ Warehouse. Number collection also available on the day from 5:15am - 6:15am.

SUBSTITUTIONS / REFUNDS

We regret no refunds. You may arrange your own substitution provided that the completed race entry card reflects the details of the person that ~~actually ran~~. **DO NOT** run in somebody else's licence number, you **WILL** be disqualified.

LICENCES AND RACE NUMBERS

16km

A special 16km race number (bib) will be issued. **Registered runners** must wear their ASA licences on the front and back of the 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. **Unregistered runners** must purchase a temporary licence to be worn on the back with the race number worn on the front.

8km Fun Run

A special 8km race number (bib) will be issued and must be worn on the front. No licence numbers are necessary.

RACE ENTRY CARDS

Your race number has a "race entry card portion" which you should complete at number collection. At the end of the race, tear off the portion of the race number that is your race entry card, insert into the sachet provided at the finish.

CUT OFF

Three and a half hours, the team will start packing away at 10h00. There will be a fall sweeper.

ROUTE

Both routes are flat and a crossover of tar, (gr) and single track through the Tokai Greenbelts. Trail shoes are not required. We regret the routes are not suitable for prams or wheelchairs and that ~~no dogs~~ are allowed.

MINIMUM AGES

16km

Entrants for the 16km must be over 16 years old.

8km Fun Run

Entrants for the 8km Fun Run must be over 8 years old. Entrants in the 8km Fun Run under 12 years old must be accompanied by an adult. Note: the 8km route is not suitable for strollers.

TRAFFIC & PARKING

Parking is available on the field opposite Cape Academy. There is an entrance on Fingrove Rd as well as an entrance on ~~Southwest~~ Road. Traffic is always a challenge, be patient. In keeping with the green spirit of the race, please help us by sharing lifts and aiming to arrive before 5:30am even if you already have your number. Parking is at own risk. **Please do not leave valuables in your car. Use the tog bag facility.**

MARSHALS

Please obey instructions from marshals and other officials. Be courteous to other runners.

TOG BAG SECURITY

Available at Cape Academy. Tog bags stored at own risk.

NO RUNNING WITH HEADPHONE S

The use of music via headphones is not allowed.

PRIZES

There are no finishing or category prizes. Exchange your race entry card for a hand towel at the end of the race. As towel numbers are limited, the first 1200 finishers are guaranteed towels on the day.

REFRESHMENTS

There will be refreshments on sale. Cash or virtual payment accepted.

Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office. Enquiries via WhatsApp: Vanessa le Borgne 082 468 0011 or Gavin Craig 076 569 6898

REMEMBER: BRING YOUR OWN WATER ~ SHARE A LIFT ~ ARRIVE EARLY

The race is run according to the rules of the ASA and WPA
Organised by Southern Striders Athletic Club with the support of the Cape Academy.

