

ROUTE AND LANDMARKS



City Hall



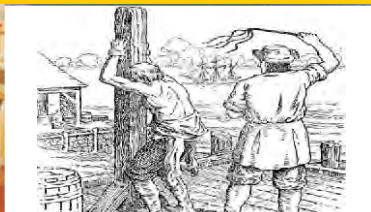
St Marks Church District 6



Castle of Good Hope



District 6 Museum



Whipping Post Grand Parade
cnr. Darling & Buitenkant Street



Start at Darling Street



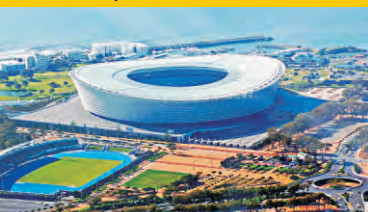
Camp Road Gardens



S.A. Jewish Museum



V & A Waterfront



Cape Town Stadium



Tuinhuis Company Gardens



Hurling Swinging Pump Gardens



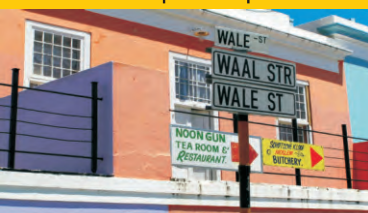
Auwal Mosque Dorp Street



Outside of Castle of Good Hope



Pentz Street Bo-Kaap (Koesiester Hill)



Wale Street Bo-Kaap



Finish Grand Parade



Prize Giving Grand Parade



Slave Route Challenge

Sunday 11 May 2014

START : DARLING STREET Half Marathon 21.1km - 07:00

10km Run - 07:15

5km Fun Run - 08:00

10km Big Walk - 08:30

FINISH : GRAND PARADE



Slave Route Challenge

Race Entry Fees

Race	Start Time	Cut Off Time	Lucky Draw Prizes	Licensed Senior Athletes	Unlicensed Senior Athletes	Licensed Junior Athletes	Unlicensed Junior Athletes
Half Marathon	07:00	10:30	Yes	R60	R95	R60	R95
10km Run	07:15	09:15	Yes	R35	R55	R20	R30
5km Fun Run/Walk	08:00	n/a	Yes	R30	R30	R30	R30
10km Big Walk	08:30	n/a	Yes	R35	R35	R35	R35

In Store Entries (Close Sunday 27 April 2014)

Sportsmans Warehouse	Location	
Canal Walk	Rondebosch	Tygervalley
Somerset West	Tokai	Sea Point
West Coast Village		

In Store Registration (Collection of race numbers)

Sportsmans Warehouse	Location	Date	Time
Entries will also be taken on this day at these stores	Rondebosch	3 May	10:00 - 17:00
	Tygervalley	3 May	10:00 - 17:00

Late Entries

	Location	Date	Time
City Hall	Darling Street	9 May	16:00 - 20:00
Please Note: Limited Entries on race day from 05:30am		10 May	10:00 - 17:00

Online Entry Registration (Collection of Race Number)

	Location	Date	Time
City Hall	Darling Street	9 May	16:00 - 20:00
		10 May	10:00 - 17:00

Medal Categories

Half Marathon	10km Run	10km Big Walk & 5km Fun Run/Walk
Gold: Position 1-5	Gold: Position 1-5	Medals to all finishers who hand in their race entry card.
Silver: Position 6-50	Silver: Position 6-50	
Bronze: To all finishers within cut off time	Bronze: To all finishers within cut off time	

Prize Money Half Marathon

Open Men/Women	16-19 Men/Women	40-49 Men/Women	50-59 Men/Women	60-69 Men/Women	70+ Men/Women
1. R1000	1. R400	1. R500	1. R500	1. R500	1. R500
2. R750	2. R200	2. R400	2. R400	2. R400	
3. R500	3. R100	3. R300	3. R300	3. R300	

Prize Money 10km Run

Open Men/Women	15-19 Men/Women	40-49 Men/Women	50-59 Men/Women	60+ Men/Women
1. R500	1. R500	1. R500	1. R500	1. R500
2. R300	2. R300	2. R300	2. R300	
3. R200	3. R200	3. R200	3. R200	

Team prizes (Open) for both the Half Marathon and 10km Run

Club team prizes (calculate on total combined time) Men & Women 4 x R200



LION OF AFRICA
INSURANCE

itheto
SPORT ATHLETIC CLUB



WESTERN PROVINCE ATHLETICS
Race flyers and results
www.wpa.org.za
wpa-subscribe@yahoo.com

Race run under the auspices of Western Province Athletics and ASA

Race Rules

- Minimum age for competitors:
Half Marathon: 16 years or older on race day
10km Run: 15 years or older on race day
5km Fun Run / Walk & 10km Big Walk: Toddlers and children under the age of 10 years old must be accompanied by an adult.
- Half marathon & 10km Run athletes must wear their club colours with the race number on the front and 2014 WPA licence number on the back of vest / sweater.
- Half marathon & 10km Run athletes not belonging to a running club and who do not own a WPA licence, must purchase a temporary licence and pay the race entry fee for an unlicensed athlete.
No race entry card, no medal.
- Temporary licenced athletes to wear the race number on the front and the temporary licence issued at the back of vest / sweater.
- 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 vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group and wear the appropriate tags. Proof of age may be requested.
- Juniors (born 1995 or later) wearing a junior or senior license must display age tags ("J"), to qualify for age group prizes. Juniors will count towards Open team prizes. Juniors must provide proof of age.
- Club colours must be worn to qualify for team prizes.
- Older participants qualify for an open team prize.
- All marshals and traffic officials must be obeyed. Failure to comply will lead to disqualification. The WPA Technical Officials must be obeyed at all times.
- No personal seconding will be permitted except at official refreshment stations.
- Time limit for the 21.1km is 3:30 hrs and for the 10km 2:00 hrs. No time limit for 5km Fun Run / Walk and 10km Big Walk.
- For safety reasons the use of personal music players during road races is strongly discouraged. Any person using such device in contravention of IAAF Rule 144.2b who fails to obey a reasonable instruction from a race official may be disqualified and shall not be eligible for individual or team prizes.**
- Lion of Africa Itheto Sport AC supports the WPA anti-litter campaign and no littering during the race will be tolerated. (No littering allowed 200m beyond refreshment point which will be indicated by the anti-litter campaign board). Your co-operation in achieving this goal will be sincerely appreciated.
"Think Twice! Take the Step! Don't Litter!"
- Lion of Africa Itheto Sport AC supports recycling and therefore our objective for our race is to ensure that we recycle at least 75% of the litter produced on the route as well as at the finish.

Race Information

- Ample parking on the Grand Parade and surrounding areas. Please arrive early.
- Owners must lock their vehicles and ensure that no items are left on the seats.
- Tog bag facilities will be provided. Cell phones, money and personal jewelry not to be left in tog bags. A special bag card will be issued. **No bag card, no bag.**
- Jive and water will be supplied at regular intervals on the route.
- Refreshments on sale.
- Lucky draw / spot prizes up for grabs for all races. Winners must be present at prize-giving to claim prizes.
- Entrants participate at their own risk and Jive Slave Route Challenge, LOA Itheto Sport AC, ASA, WPA, City of Cape Town and all sponsors and partners will not accept any liability for any injuries, illness or accident occurring during or as a result of the race.**

Organized by:



For Further information:

Contact Itheto Events Management: www.itheto.org / fatima@itheto.com

Office:
Event Communications Manager:

Zarina Meyer-Brewer 021 637 5501
Fatima Allie 082 066 3353