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RACE RULES AND REGULATIONS

- All participants must be 20 years or older on the day of the race for the any of the 100 Capital Classic Events
- No participant need leave venue during the course of their event.
- **Neither postal orders nor post-dated cheques will be accepted.**
- Monies are not refundable for non-participation in the event for whatever reason.
- Entries may not be exchanged.
- **Entries will be limited to a collective maximum of**
 - **Friday marathon, 32km and 6 hr** **150**
 - **12hr, 24hr, 100km and 100 Mile** **100.**
 - **48 hr and 6 days** **50**
 - **Midweek Marathon, 32k and 6 hour** **50**
 - **Longest Night 12 hour** **50**
 - **Night Sprints** **20**
- Results can be viewed at our race website www.100cc.co.za
- Prizes or medals will only be given for the race/s you enter.
- All participants must wear their race number on front of the vest, crop top or T-shirt or, in the case of 48 hour and six days, your shorts. **The timing chip must be worn on the lace of the LEFT shoe. Do NOT bend or fold the chip.**
- Our environment is precious and anyone found littering will be disqualified.
- These events are run under the auspices of KZNA, ASA, the IAAF and IAU
- A refreshment table will be provided, however stand & hand personal seconding is encouraged.
- The prize giving for the 100 Miles and 24 Hours events will take place at 11H00 on Sunday 18th September 2016.
- The prize giving for the 6 days event will take place at 11H30 on Saturday 24th September 2016.
- Medals for all other events will be handed out on completion of each event.
- **There will be NO monetary prizes for ANY of the events.**
- In **all timed** events entered, you will be classified as a finisher for purposes of being recorded in the results (100km challengers) when you have completed the first lap. **However**, you will only qualify for the relevant medal once you have completed **at least the minimum “medal” distance specified.**
- If entering the **Friday or Midweek Marathon**, you will require your split time to be recorded, by prior request, at the 42.195km mark **and continue to finish that lap (ie: 43km)** to be officially recorded in the results for purposes of Comrades Marathon and/or Two Oceans Marathon qualification.
- If entering concurrent events (ie: 48 hour and 6 days or 24 hour and 100 miles or 12 hours and 100km) you may only claim the distance covered, once, in the 1000km challenge.
- The following events may be entered concurrently
 - 48 hour and 6 days
 - 24 hours, 100km and/or 100 mile
 - 12Hours and 100km
- You will only be deemed a finisher in the 100km and/or 100 mile events if you entered that event and once you have passed the required distance of that event within the required time limit for that event. (ie: 100km in 12 hours or 100 Miles in 24 hours)

- All entrants must collect their race number & timing chip from the registration tables at the Registration Venue which will open two (2) hours before the relevant events' published start times and close five minutes the published start time
- **ALL entrants and their seconds will be required to attend a race briefing, for each entered event, which will commence one (1) hour before the published start time of that event.**
- You may send a stamped self-addressed envelope with your entry for confirmation of our receipt of your entry, or check our website, www.100cc.co.za. Allow at least 14 days for the processing of postal entries.
- Entries will only be confirmed once receipt of payment has been confirmed and/or cheques cleared.
- Participants who have not completed their entered event by the cut off time will be called off **and must leave** the course and will not receive a finisher's medal. However, in the timed events, distance completed in full laps up to that cut off time, will be recorded.
- Participants who may be achieving a record in their event may, on application, be measured at their actual point of distance at the cut off time. All other distances will be recorded on completed laps at the cut off time.
- All marshals, security officers, race officials, SA Police & SANDF members & traffic officials **MUST** be obeyed. Your safety is paramount to us.
- Entries **may be taken at the registration for each event only if the capacity for that event has not yet been reached.**
- Cut-off date for all online, faxed, e-mailed or hand delivered entries will be **NO LATER THAN 17H30 on Monday 5th SEPTEMBER 2016** or when the relevant cap (limit) for that event has been reached.
- All foreign athletes must comply with the IAAF rule 4, paragraph 2 & rule 142.
- All athletes not registered with their national federation will be required to purchase a temporary licence at a cost of R30. This licence will only be applicable to the 100 Capital Classic basket of events.
- Event medical services will be the official emergency medical service providers. Once removed to a medical facility, any further medical care or hospitalisation will be for the account of the patient concerned.
- Whilst every effort will be taken to ensure the safety and security of the event, participants and supporters are reminded that they take part at their own risk and the organisers, sponsors, municipality nor SANDF will be liable for any injury, loss or damage to person or property, before, during or as a result of participation in or support of any of these events.



WrightRaceTiming

The Home of the Running Festival and Circuit Races in South Africa

2016

100 CAPITAL CLASSIC ENTRY FORM

SURNAME:	_____			AGE ON RACE DAY:	_____		
INITIALS:	_____			DATE OF BIRTH:	____/____/19__		
FIRST NAME:	_____						
NATIONALITY:	_____						
GENDER:	<input type="checkbox"/> MALE	<input type="checkbox"/> FEMALE	ID OR PASSPORT NUMBER:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
PROVINCE:	_____			LICENCE NUMBER:	_____		
MEDICAL AID:	_____			NUMBER:	_____		
TELEPHONE:	_____			MOBILE:	_____		
E-MAIL:	_____						

RACE ENTERED: Please **tick or X** next to the race/races entered. (Make sure you understand the dual entries).

X	Race	Race	Start September	Cut off September	Can be entered with
	1	42.2km with a minimum medal distance of 32km	18h00 Friday 16 th	Midnight Friday 16 th	
	2	12 Hour Day with a minimum medal distance of 60km	09h00 Saturday 17 th	21H00 Saturday 17 th	3
	3	100Km	09h00 Saturday 17 th	21H00 Saturday 17 th	2,4 and/or 5
	4	24 Hour with a minimum medal distance of 100km	09h00 Saturday 17 th	09H00 Sunday 18 th	5 and 3
	5	100 Miler	09h00 Saturday 17 th	09H00 Sunday 18 th	4 and 3
	6	6 Days with a minimum medal distance of 300km	10H00 Sunday 18 th	10H00 Saturday 24 th	7
	7	48 Hour with a minimum medal distance of 120km	10H00 Sunday 18 th	10H00 Tuesday 20 th	6
	8	42.2km with a minimum medal distance of 32km	18h00 Wednesday 21 st	Midnight Wednesday 21 st	
	9	Longest Night with a minimum medal distance of 60km	20H00 Friday 23 rd	08H00 Saturday 24 th	
	10*	5 Hour Night Sprint	19H00 Monday 19 th	Midnight Monday 19 th	
	11*	5 Hour Night Sprint	19H00 Tuesday 20 th	Midnight Monday 20 th	
	12*	5 Hour Night Sprint	19H00 Thursday 23 rd	Midnight Monday 23 rd	
	* The minimum medal distance for each of the Night Sprints is 25 kilometres				
	<ul style="list-style-type: none"> Please Note that <u>ALL FIELDS will be limited in safe numbers on a first come, first served basis.</u> There may be entries taken prior to the event, <i>ONLY if the safe numbers have not been filled.</i> 				

RACE ENTERED: Please tick or X next to the race/races Entry Fee

X	Race	Race	Entry	Meals	X
	1	42.2km with a minimum medal distance of 32km	R150		
	2	12 Hour Day with a minimum medal distance of 60km	R250		
	3	100Km	R250		
	4	24 Hour	R500		
	5	100 Miler	R500		
	6	6 Day	R3000	R1200	
	7	48 Hour	R900	R500	
	8	42.2km with a minimum medal distance of 32km	R250		
	9	Longest Night with a minimum medal distance of 60km	R250		
	10	5 Hour Night Sprint	R150		
	11	5 Hour Night Sprint	R150		
	12	5 Hour Night Sprint	R150		
Sub Total			R	R	
If MORE THAN ONE EVENT IS ENTERED and THE ENTRY FEE IS PAID BEFORE THE 30th June 2016 We will discount your total entry fee by TEN PERCENT (10%)			Charity Donation	R	
Meals are not discounted					
Total to be deposited (Entry fee plus donation and meals)			R		



More Balls Than Most is our official charity. MBTM is the brother organisation to PinkDrive and deals with men's (testicular and prostate) cancers. Please support our charity with a donation.



www.medics.co.za
Event Medical Services will be supporting our event.

Direct Deposit Banking Details:

Account Name: **Capital Running**
Bank: **First National Bank (FNB)**
Branch: **Boom Street**
Account Number: **62548087198**
Branch code: **221325**

- Please use your **Mobile (cell) Phone Number and SURNAME** as reference for the deposit. If paying in **CASH**, please use the **FNB AUTO TELLER**. Please fax a **CLEAR** copy of your deposit slip with your **CLEARLY FILLED IN ENTRY FORM** to 0866167500 or scanned and e-mailed to **john@aghall.co.za**.
- Please make sure that your **CONTACT TELEPHONE NUMBER** is clearly written on your deposit slip and entry form.

INDEMNITY: I am medically fit to run/walk/ride and fully understand that I enter at my own risk and the organisers and their sponsors will not be held responsible for any loss or injury during or as a result of the event, or for any loss or damage to property on the course or venue. This event is run in accordance with the rules of the IAAF, IAU, Athletics South Africa and KwaZulu-Natal Athletics. All foreign athletes must comply with IAAF rule number 4 paragraph 2 and rule 142. Postal entries and cheques must be received at our race office before 17H30 on Monday, 5th September 2016. Entries received after this date will only be accepted if franked before 1st September 2016. **I understand that there are NO monetary prizes for any of these events.**

Hand delivered, faxed or e-mailed entries to the Race Office must be received before 18H00 on Monday, 5th September 2016.

Signature of Entrant: _____

Date: ____/____/2016

Print Name and Surname: _____

