



20 AUGUST 2016

**ALL ENTRIES BEFORE
MON, 15 AUGUST 2016
RECEIVE A T-SHIRT
ALL FINISHERS RECEIVE A
CAPITAL CLIMB MEDAL**

SHF CAPITAL CLIMB 2016



**15KM
WALK/RUN**

**5KM
FUN RACE**

**OVER R40 000 IN LUCKY DRAW
PRIZES TO BE WON**



SCAN THE
QR CODE
TO ENTER
ONLINE



Coca-Cola

Hosted by

RACE INFORMATION

Date: Saturday, 20 August 2016
Start: Voortrekker High School at 08h00
Finish: Voortrekker High School
Distance: Licensed & Temporary Licensed Runners: 15km / Fun Run: 5km
Time Limit: 3 hours - Everyone completing the course by 11h00 will receive a medal
Rules: 15km: Open to all competitors over 15 years of age. 5km fun run. Open to all
All entrants must abide by the rules and decisions of the organisers and must be medically fit to run. Runners participate at their own risk and the organisers and sponsors will in no way be held responsible for any injury or illness incurred during/or as a result of the event, or for any property damaged on the course or in the changing area. All participants must wear correct club colours with 2016 license numbers front and back of vest. The numbers are not to be worn on shorts. Age category tags must be worn on front and back of vest and must be clearly visible in order to qualify for the age category prizes. No personal seconding allowed. Affiliated athletes are covered by insurance. Contact KZN Athletics for details. All foreign athletes must comply with IAAF Rule 4.2 and 14.2. Traffic Officials and Marshalls must be obeyed. Event is run subject to the rules of IAAF, ASA and KZNA. No dogs allowed.

Prize Giving: 11h00 at the finish

ENTRY FEE

Online entries up until Monday, 15 August 2016

R90 per licensed athlete and R20 temporary license, compulsory for unlicensed runners

R60 per fun runner (5km)

Enter online at <https://capitalclimb2016.myactive.co.za/CaptureDetails/Registration.aspx>, scan the QR code on front of flyer, or visit the Capital Climb Facebook Page for the link.

Late entries: Friday, 19 August 2016 at Voortrekker School Grounds from 12h00 to 18h00

Saturday, 20 August at Voortrekker School Grounds from 06h30 to 07h45

15km: R100 per licensed athlete and R20 temporary license, compulsory for unlicensed runners

5km: R70 per fun runner

POSTAL ENTRIES WILL NOT BE ACCEPTED

Contact Tony Morrison on 083 374 9502 or email capitalclimb@gmail.com for more information

MEDALS & PRIZES

Fantastic lucky draw prizes to be won!

Medals to all finishers, 2000 medals will be presented on race day, the balance will be posted.

Prizes: 15km RUNNERS ONLY

First three licensed open men/ladies to finish: R500, R300 and R200 respectively

New record, R200 (present record 49min 02 sec - Eric Biyase 1998)

First to World's View summit: R100 (must be an official finisher) male/female

First male/female 40-49: R200

First male/female 50-59: R200

First male/female 60+: R200

PLUS! LUCKY DRAW PRIZES - WINNERS MUST BE PRESENT TO QUALIFY!

ENTRY FEE

First Name: _____ **Surname:** _____

Club: _____ **License Number:** _____

Cell No. (for SMS results): _____ **Email Address:** _____

ID Number: _____ **SA Citizen:** Yes No

Age on race day: _____ **Male** **Female**

Province: _____ **Category:** Open 40-49 50-59 60+

Race: 15km run/walk 5km Fun run

Are you participating in King & Queen of the

Mountain Series? Yes No

Signature: _____ **Date:** _____

INDEMNITY

I acknowledge that I am medically fit to participate and fully understand that I enter at my own risk. I hereby indemnify that the race organisers against any claim which may result from my participation. The organisers, ASA and KZNA will not be held responsible for any injury or illness during/or as a result of the race, or for any property lost or damaged on the route or at the venue.