

CTBW

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CAPE TOWN BIG WALK

NEW
8 KM FUN RUN
STARTS 6:30am



SUN 7
APRIL
2019

BUILDING BRIGHTER FUTURES

FOR ALMOST TWO DECADES



START: **OPP. CAPE TOWN STADIUM**

ENTRIES CLOSE: **MON 1 APRIL 2019**

MEDIA PARTNER:

Cape Argus

ENTER ONLINE: www.webtickets.co.za

R40
ENTRY FEE



STRATEGIC PARTNER:



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



For further information contact: 021 637 1607

WhatsApp or Message us on : 060 472 6577

HOW AND WHERE TO ENTER

- 1** Online at www.webtickets.co.za. Contact Webtickets on (021) 834 5000 for queries
- 2** Download an entry form off our website: www.capetownbigwalk.com
- 3** **Goody Bags** will be given to the first **15 000 Walkers** entering before the closing date.
- 4** Get an **Entry Form** (enter and pay), at the following **Entry Points**:
 - Cape Town Big Walk, 3 Mavis Rd, Rylands Estate
 - Winners Supermarket, Mitchell's Plain
 - Taz Boutique, Gatesville
 - Selected Tekkie Town stores in the Cape Peninsula
 - Panarottis - Kenilworth Centre & Vangate Mall
 - Spitfire, Kromboom Centre
 - Islamic Library, Gatesville and Paarl mosque
 - Honey's Stationery & Print, Vangate Mall, Gatesville and Ottery Hyper
 - Academia Library at Islamia College
 - Participating schools & organisations contact CTBW offices 021 637 1607 or 060 474 6577

ENTRIES & PAYMENT INFO

Email entries and proof of payment: entries@capetownbigwalk.com

Faxed entries and proof of payment: 021 633 6239 or 086 612 8395

Bank details for EFTs

Name of Bank: First National Bank (FNB)
Account Name: Cape Town Big Walk
Branch: Lansdowne
Brand Code: 203209
Account No: 59173321158
Please use your surname as the reference.

ONLY CASH PAYMENTS ACCEPTED AT STORES LISTED ABOVE IN POINT 4

CLOSING DATE

**Monday 1 April 2019
(all entries)**

RACE REGISTRATION & EXPO DATES

Food and refreshments will be on sale at the expo when you collect your race numbers and Goody Bag **on presentation of your receipt.**

Date & Time

Thursday 4 April	17:00 – 21:00
Friday 5 April	17:00 – 21:00
Saturday 6 April	10:00 – 14:00

Venue

The College of Cape Town
Crawford Campus
Corner Kromboom & Thornton Road
Crawford

ALL RACES START IN FRITZ SONNENBERG ROAD

Date: Sunday 7 April 2019

Starting Times:

8km Fun Run:	6:30am
10km Walk:	8:00am
5km Walk:	8:30am

Wheelchair bound and pram participants:

7:30am: lined up at the front of the start line
Start: 10 minutes before official start of race

A WATER WISE EVENT
as well as **EXCITING ENTERTAINMENT**
PROVIDED EN-ROUTE



BRING YOUR RECEIPT

PERSONAL INFORMATION

PLEASE COMPLETE ONE ENTRY FORM PER PARTICIPANT.

RECEIPT NO

HAVE YOU PARTICIPATED IN THIS WALK BEFORE? Y N WALKING 5km 10km RUNNING 8km

DATE OF BIRTH D D M M Y Y Y Y MALE FEMALE

FIRST NAME

SURNAME

ADDRESS

POSTAL CODE

TELEPHONE MOBILE

EMAIL

EMERGENCY CONTACT PERSON

CONTACT NO. RELATIONSHIP

IF YOU DO NOT WISH TO RECEIVE FUTURE MARKETING MATERIAL FROM THE CTBW, PLEASE TICK THE BOX

I WOULD LIKE TO MAKE A VOLUNTARY DONATION TO: THE RED CROSS CHILDRENS HOSPITAL R

YES NO

THE PINKDRIVE R

ACADEMIA LIBRARY R

CASH PAYMENT EFT

TOTAL DONATION R

ENTRY FEE R 40.00

TOTAL AMOUNT R

Your receipt must be presented when you collect your race number.

RELEASE AND WAIVER: I agree not to hold the organisers of the Wholesun Bread Cape Town Big Walk presented by Double 'O' Cooldrinks, any of their sponsors or any persons assisting in the organisation of the event liable for any injury, illness, loss of life, damage to property or loss of property which I may suffer directly or indirectly as a result of participating in the event.

SIGNATURE _____ PARENT/GUARDIAN IF UNDER 18 _____

FREE
GOODY BAGS
to the
1st 15 000 Walkers
Entering before the
closing date

R40
ENTRY FEE

Medal,
Polar Sucker &
a Double 'O'
cooldrink to all
finishers!



RULES & IMPORTANT INFORMATION

RULES

1. The Wholesun Bread Cape Town Big Walk 2019 presented by Double 'O' Cooldrinks is run in accordance with the rules of Western Province Athletics (WPA).
2. The event organisers and event committee reserve the right to cancel the event if, in its sole discretion, decides to do so in the public interest.
3. Entry fees are non-refundable.
4. If payment is not received within 7 days of entry, your entry will be deleted.
5. Race number must be pinned to front of your shirt.
6. The indemnity section must be signed in order for your entry to be processed.
7. The event organisers reserve the right to accept or reject any entry.
8. All traffic officers and marshals must be obeyed at all times.
9. Toilets will be available at the start and finish.
10. Kilometre markers will be placed at each kilometre.
11. **Refreshment station** will be at the **5km mark ONLY**.
12. A Medal, Double 'O' cooldrink and a Polar Sucker given to all finishers with race number attached to their shirt.
13. Winners must be present at the prize ceremony for prize eligibility.
14. Prizes are not transferable and cannot be exchanged for cash.
15. Goody bags will be handed to the first 15 000 walkers entering.

ANTI-LITTERING

Please refrain from littering along the route.
Bins will be provided at various points along the route.

WATER CONSERVATION Event and Walkers contribution

1. There will be no water tables on the route
2. 500ml Bottled Water (sufficient for a 10km Walk) will be placed in every goody bag collected at the Expo and registration, which must be brought with you to the Big Walk.
Conserve, waste not.
3. Please **DO NOT** dispose of the water or water bottle irresponsibly.

MEDICAL FACILITIES

Professional Emergency and other services will be provided. Medical Personnel, including a Cardiologist, Doctors, Physiotherapists etc will be on duty courtesy of Islamic Medical Association (IMA).

PRIZE GIVING CEREMONIES

DATE: Sunday 7 April 2019

8km Run Prize Giving: 09:00 – 09:30 am

5km & 10km Walk Prize Giving: 11:00 – 12:00 am

Spot Prizes to be collected no later than 11:00 am at the stage.

Fantastic prizes up for grabs: (Subject to change)

- OVERSEAS TRIP FOR TWO PERSONS
- HD LED TV sponsored by Taj Radio & TV
- 2 x Android tablets
- Educational bursary valued at R12000 sponsored by The College of Cape Town
- Walking/Running shoes sponsored by Tekkie Town
- Mountain bikes sponsored by Dragon Gas
- Many More High Value Prizes & Spot Prizes.

SUB SPONSORS



Tekkie Town



AFRICA MUSLIMS AGENCY

The Agency That Cares
www.africamuslimsagency.co.za



alBaraka

