



## Event Rules

1. The Cape Town12 ONE RUN is run in accordance with the rules of ASA and Western Province Athletics.
2. The Cape Town12 ONE RUN 12km is open to all licensed and non-licensed runners.
3. Official event race numbers to be worn on the front and on the back of the vest.
4. Temporary licences are available at R20
5. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
6. Unlicensed runners must wear plain clothes Official event race number to be worn on the front and the temporary licence number on the back.
7. Personal seconding is not permitted. Private vehicles are requested not to follow the athletes on the route.
8. 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 club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
9. Athletes competing for a category prize must wear age category tags (on the front and the back).
10. No swapping of race numbers or chips as these are linked to your names and finishing time and may result in disqualification.
11. Juniors must provide proof of age to qualify for prize money.
12. Minimum age for participation is 15 years of age on race day.
13. All traffic officers and marshals must be obeyed.
14. Proof of age is required for category prizes.
15. The race organisers reserve the right to accept or reject any entry.
16. Foreign athletes must comply with IAAF rule 4.2 and all relevant race and domestic rules. The athletes must be able to produce the letter from his/her federation permitting participation on race day.
17. Kilometre markers will be placed at each kilometre mark.
18. Refreshments stations will be situated approximately every 3km.
19. Medals will be handed to all finishers.
20. Results will be available on [www.thecapetown12.com](http://www.thecapetown12.com)
21. Prize-Giving will take place at 10h30 to be confirmed by event organisers.
22. Toilets will be available.
23. No ambush marketing.

24. There will be a tog bag facility for use at athlete's own risk. Cell phones, money & jewellery are not to be left in tog bags. No bag tag, no bag.
25. Baby Joggers and Prams are allowed on route.
26. No bicycles are allowed on route.
27. Wheelchair participants are encouraged to participate! Once registered, please contact [entries@thecapetown12.com](mailto:entries@thecapetown12.com) to secure proper race day access.