

By entering the FNB Cape Town 12 ONERUN, I hereby agree to the following conditions:

RACE RULES

1. The FNB Cape Town 12 ONERUN is run and organized in accordance with the rules of World Athletics (WA), Athletics South Africa (ASA) and Western Province Athletics (WPA).
2. Foreign athletes must comply with WA rule 4.2, ASA rules 7, 9 and all relevant race and domestic rules. Foreign Runners entry will include a 'foreign temporary license' as required under the rules.
3. The FNB RUN YOUR CITY SERIES is open to all ASA licensed and non-licensed runners.
 - **Licensed Club runners:**
 - One race number will be issued. Licensed entrants must wear their ASA licence number on the front and back of their vest. The official race number must be worn on the front of the entrant's race vest, partially covering the ASA licence number.
 - Please refer to the diagram below for further details.
 - **Temporary Licence:**
 - One race number will be issued which must be worn on the front of the vest. The temporary license must be worn on the back of the vest.
 - Temporary licenses are available at R40.
 - Please refer to the diagram below for further details.
 - **Contender and Elite Athletes:**
 - Two race numbers will be issued to Contenders and therefore they do not need to display licence numbers as they have Special Number Bib status.

**Race Number Positioning:
Licensed Club Runners:**



**Race Number Positioning:
Temporary licensed Runners:**



4. Age Category Tags

1. Age category will be provided on all Contender race numbers, front and back, and it is the runner's responsibility to ensure the correct age category is reflected on the number at the time of collection at the registration area.
2. Juniors wearing a senior or junior licence, are eligible for age category awards provided that they:
 - they display category tags "J", to qualify for age category prizes,
 - take participate as a Contender and start in the A batch,
 - are born in 2001 or later.
3. Temporary licensed entrants are eligible for age category prizes provided that they:
 - apply to participate as a Contender through the entries process,
 - participate in the relevant age category,
 - wear the appropriate age tags and provide proof of identification.
5. Minimum age for participation is 15 years of age on the day of the race.
6. Wheelchair entrants are encouraged to take part. Once entered, they are requested to contact entries@thecapetown12.com to secure race day access.
7. The Event Organiser reserves the right to accept or reject any entry.
8. TOG BAGS: There will be a tog bag facility for use at the runner's own risk.
 - Cellphones, money and jewellery should not be left in tog bags.
 - If there is no tag attached to your tog bag, it will not be accepted.
 - Your tog bag tag will be included as a perforated strip at the bottom of your race number.
 - Tog bags will be transported from the Start to the Finish.
9. Toilets will be available at the start and the finish of the event, as well as, on the route at each water station and major entertainment point.

10. All traffic officers, marshals and race officials must be obeyed.
11. Refreshments stations will be provided at the 5km and 10km markers.
12. Runners may participate with Baby Joggers/Prams but may not take part as Contenders. Runners accept that they are responsible for ensuring they are not involved in any collision or disruption to other runners.
13. Personal seconding is not permitted. Private vehicles are not to follow the athletes on the route, this can result in the disqualification of the entrant.
14. No bicycles are allowed on the route, apart from the lead cyclists and officials.
15. The use of music players with headphones is not allowed and will result in disqualification.
16. No ambush marketing is allowed.
17. Do not litter. ASA Rule 28 applies. #RunClean.
 - Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish.
 - Report offenders to the referees.
18. All entrants must cross all timing points on the route to qualify for an official result.
19. A Podium Presentation of the top 3 male and female finishers will take place immediately after the results have been signed off at the Finish area. Prize giving for all Age Categories will be held at 11h00 at the Prize Giving stage.
20. Results for all participants will be available on www.thecapetown12.com.
 - The results of the Contenders will be posted at 10h30 in the TIC (Technical Information Centre).
 - Any objections must be made to the Official at the TIC within 30 minutes of the posting time as covered under World Athletics Rule 146.2.
21. The cut-off time to finish the race is 12h30.
22. All finishers within the cut-off time, will receive a medal.
23. All finishers will be given both Start Gun to Finish times, and Mat to Mat times.
 - Only Start Gun to Finish times will be used for determining prize awards.
 - ONLY Contenders, who start 2 minutes before the mass, are eligible for awards.
 - Runners who have the necessary performance to qualify for Contender status should ensure they applied for that status.
24. It is understood that by entering the event, the participant's name and contact details will be added to the Event Organisers communication database to receive future communication about other events.

Contender Programme

1. All Entrants who want to qualify for prize money, must apply and meet the stated criteria (see table below), and be accepted into the Contender category.
2. It is the responsibility of the entrant to apply for this seeding through the entries process via the website.
3. There are no additional charges for being a contender. Any person who meets the necessary criteria to be a Contender, but fails to apply during the entry process, is automatically deemed to have accepted that they will not be eligible for any prize money.
4. Athletes must submit a proof of performance better or equal to the relevant one in the table below.

MEN	AGE GROUP	WOMEN
37:00 (31:00 – 10km)	20 – 39	45:00 (37:30 – 10km)
43:00 (36:00 – 10km)	JUNIOR	59:00 (49:00 – 10km)
43:00 (36:00 – 10km)	40-49	52:00 (43:30 – 10km)
45:00 (37:30 – 10km)	50-59	53:00 (44:00 – 10km)
54:00 (45:00 – 10km)	60-69	1:03:00 (52:30 – 10km)
1:15:00 (1:02:30 – 10km)	70+	1:30:00 (1:15:00 – 10km)

- Senior and Master athletes age is taken on the date of the event.
 - Juniors are defined as athletes 15 years or older on the date of the race, and under the age of 20 at 31 December 2020. i.e. born in 2001 or later.
 - In addition to Overall (Open) prizes, runners will only be eligible for age category prizes in the age category they enter.
 - Corresponding numerical age category tags must be worn on the front and back of their vest.
 - Runners may enter the age category corresponding to their chronological age or any younger category down to senior.
5. Applications for the Contender seeding will close on 20 April (4 weeks prior to the event).
 6. Submission of this application does not guarantee acceptance. An application that is missing any data will automatically be rejected.
 7. **NO LATE** Applications are accepted.
 8. The full list of accepted Contenders will be published on the website 13 days prior to race day. Anyone wishing to protest, (World Athletics rule 146.1) on the details or status of an athlete listed in the Contenders, must do so, in writing to the Race Office a minimum of 7 days prior to race day. Any protest outcome will be replied to by no later than 3 days prior to the race.
 9. All applicants will be notified by 27 April (3 weeks prior to the event).
 10. All Contenders will need to verify their IDs/Passports and licence numbers between 10h00 and 11h00 on Saturday 16 May, at The President Hotel, Bantry Bay to collect their race packs.
 11. It is mandatory for all Contenders to attend the Technical Briefing meeting on Saturday, 16 May at 11h00 at the President Hotel, Bantry Bay.
 12. All Athlete Representatives (AR) must comply with World Athletics Rule 7 and ASA Rule 12. Should the AR not comply with these rules, the Event Organisers reserve the right to report the AR to World Athletics and ASA.
 13. This is an International event and as such there are restrictions on advertising on clothing for all Contenders. It is important that Contenders adhere to these rules as covered in the World Athletics Advertising regulations and ASA rule 24.
 14. Contenders will be checked at the start and any athlete not in compliance will not be allowed to start in the Contender batch and will be downgraded to Batch B and therefore no longer be considered a Contender or eligible for prize money.
 15. All Foreign athletes will sign a waiver as required by ASA Rules 2020 and must abide by World Athletics Rules for international competition.

Prize Money

1. Please note that all prize money winnings are subject to South African Tax Law and anti-doping results and can take up to 3 months to process.
 - a. Athletes accepted as Contenders who fail to attend the Contender Technical Meeting without apology or good reason will be docked 10% of their prize money.
 - b. Athletes who win an award and fail to be present for prize giving for any reason other than doping control or medical will be docked 10% of their prize money.

South African Athletes

1. Prize money to South African Athletes will be paid 30 days after the event, provided that:
 - a. the result is not subject to the outcome of any anti-doping testing
 - b. the following information has been emailed through to entries@thecapetown12.com
 - copy of SA ID book
 - SARS tax number
 - proof of bank details (from bank)
 - completed prize money form (received at prize giving ceremony)
2. South African Athlete prize money will not be paid until ALL the required documentation has been submitted.

International Athletes

1. Prize money to International Athletes will be paid 30 days after the event, provided that:
 - a. the result is not subject to the outcome of any anti-doping testing
 - b. the following information has been emailed through to entries@thecapetown12.com
 - copy of passport
 - proof of address (e.g. clothing account, municipal bill)
 - proof of bank details
 - completed prize money form (received at prize giving ceremony)
2. International Athlete prize money will not be paid until ALL the required documentation has been submitted.
3. If an athlete is with an Agency, then the Agency must invoice the Event Organizers no later than one week after the event.

Payments:

1. The Event Organisers will only make International payments via the PayPal platform, therefore it is compulsory for all agencies to have a registered PayPal account.
2. If an athlete is not managed by an Agency, he/she must also have a registered PayPal account in order to be paid. If an athlete is not able to register a PayPal account, their payment will be subject to a delay.
For any questions, please contact entries@thecapetown12.com

INDEMNITY AND WAIVER

1. I understand that the FNB Cape Town 12 ONERUN (the “event”) is run and organized in accordance with the rules of World Athletics (WA), Athletics South Africa (ASA), Western Province Athletics (WPA), Central Gauteng Athletics (CGA) and KwaZulu-Natal Athletics (KZNA) and I agree to being bound by, and to comply with the rules and regulations of these bodies.
2. I absolve ASA, WPA , CGA, KZNA and the race organisers, of all and any responsibility and liability for my eligibility to participate and assume all responsibility, including any and all costs, resulting from a challenge to my eligibility to participate in the event.
3. I am not suspended, nor know of any investigation pending that might result in my suspension or ineligibility as an athlete under WA rules 20 to 23.
4. I confirm that I am legally entitled to be in South Africa for the period of the race.
5. I understand that I may be required and agree (if so required) to be tested in terms of doping control rules and regulations.
6. If I win any prize, I agree to be subject to the tax laws and exchange provisions of the Republic of South Africa.
7. I understand that my clothing during the race must conform to WA/ASA advertising rules and regulations and any contravention thereof will make me ineligible for prize awards.
8. I undertake not to exhibit or wear any advertising material, logos or political slogans that are contrary to the rules of ASA and WA.
9. I agree to being bound by, and to comply with the competition rules, conditions and regulations of this event (click direct link to event rules for more details), which includes the payment of all entry fees, which I accept will not be refunded if I choose not to participate in an event entered, for any reason. I accept that in these circumstances the entry fee paid shall represent a reasonable cancellation fee and shall not be refunded to me.
10. I warrant that all information supplied by me is true and correct. Should I be entering on behalf of someone else I warrant that I am duly authorised to do so and that I am entitled to bind the participant hereto.
11. I warrant further that I am in good health, physically fit and sufficiently trained to participate in the event and am aware that the event is an event which includes inherent risks of serious injury, illness, death and/or damage.

12. I acknowledge that the risks inherent in the event, include, but are not limited to risks arising from my skill and ability, my nutrition and fluid intake, my fitness and health prior to the event, the terrain which the event traverses, road surface, weather conditions, water conditions, vehicular traffic, the actions of other competitors, the event organiser, sponsors and their principals, representatives, agents and assigns. I undertake and agree to seek medical or any other assistance from the event organiser, if I sense or observe and hazard or unsafe condition, or if, at any time, I feel unable to unfit to safely continue participating in the event for any reason. I furthermore undertake to withdraw from participation in the event if advised or instructed by the event organiser to do so or if I, at any time, sense or observe any unusual hazard or unsafe condition and I am in any way concerned that it is unsafe for me to continue with the event or if I, in any way feel unable or unfit to safely continue with the event.
13. I acknowledge and agree that the event may be cancelled due to forces beyond the event organiser's control (with such forces including, but not limited to: any acts of God, strike, war, riots, fire, floods, legislation, insurrection, sanctions, trade disputes, epidemics, pandemics and/or governmental directives) and that in such circumstances, the event organiser shall not be required to refund the event's entry fee to me. I appreciate and understand the risks inherent in the event and my participation therein. I accept these risks and confirm that I participate in the event at my own sole and absolute risk.
14. I undertake to follow all the rules of the event and all directions and/or instructions given to me by the event organiser and its principals, representatives, agents and assigns and understand that the event organiser's events are sanctioned by national athletics bodies (ASA) and provincial athletics bodies (WPA, CGA, KZNA), applicable license fees will be charged accordingly.
15. I understand that I may be photographed and/or filmed before, during and after the event. I agree that the event organiser, the sponsors and their principals, representatives, agents and assigns may utilize any photographic, film or video image or likeness of me and my name for any legitimate purpose in connection with the event or future events to be organized by the event organiser.
16. I acknowledge that, due to my participation in the event, the event organiser shall contact me from time to time (by means of electronic mail, the short message service and/or telephone calls) for purpose of: (i) communicating event related information; (ii) advertising certain products and/or services which may assist me in my preparation for, and performance in, the event; and/or (iii) advertising athletics, mountain biking and/or other running events organised and/or managed by the event organiser. Accordingly, I hereby consent to any such communication.
17. Whilst reasonable safety and precautionary measures are taken by the event organiser to ensure my safety, the event organizer, WPA, CGA, KZNA, the City of Cape Town, the City of

Joburg, eThekweni Municipality, sponsors, third party service providers to the event, volunteer groups, medical personnel, any and all local authorities, private landowners who grant access to their property for the purposes of the event and their principals, representatives, agents and assignees (“**the parties**”) do not accept any responsibility for any claim whatsoever arising from death, injury or loss and/or damage to person or property occasioned as a result of my participation in the event.

18. I accordingly hereby indemnify and hold harmless the parties to the fullest extent possible in law, against any claims occasioned as a result of my participation in the event of whatsoever nature or howsoever caused (which for the avoidance of doubt shall include pre-race and post-race activities), including, without limitation, any loss, injury, harm, illness, death or damage of whatsoever nature and howsoever caused arising directly or indirectly out of any act or omission, including negligent acts of negligent omissions by the parties, including any claim for consequential loss of damage, loss of profits or any claim by any of my dependents arising from events related to, in connection with or occasioned as a result of my participation in the event.
19. I confirm that I understand the importance and the meaning of this liability disclaimer, the waiver of claims, and indemnity and that by agreeing hereto, I am waiving substantial legal rights (on my own behalf and on behalf of my dependents). I acknowledge that I have been free to secure independent legal and/or other advice as to the nature and effect of all the provisions of this liability disclaimer, waiver and indemnity and that I have either taken such independent legal and/or other advice, or dispensed with the necessity of doing so.
20. I confirm that I understand that no refunds will be issued for any entries that have been confirmed and paid for, however, substitutions are allowed at an additional fee of R50.
21. By providing my personal details as well as consenting to the provisions of paragraph 15 above, I am providing the event organiser with information which may constitute personal information. accordingly I hereby voluntarily, specifically and unconditionally consent to the event organiser processing (i) within the event organiser and/or any of its subsidiaries or any other legal entity, joint venture and/or partnership, wherever situated or operating that renders services or otherwise conducts business similar to that of the event organiser; and/or (ii) on infrastructure belonging to any third party with whom the event organiser enters into a management agreement, the personal information which I have provided to the event organiser for sending me marking material, advertising material, newsletters or any other informative material relating to the event organiser, its business and/or any other sporting events that the event organiser reasonably believes I may be interested in.
22. Additionally, in terms of Section 51 of the Electronic Communications Transactions Act 25 of 2002, I hereby consent to the event organizer using my name, race information and photographs, video tapes, broadcasts and telecasts in which I may appear free of charge. I accept that my personal information will remain confidential but hereby consent to same being shared with the parties involved in the organisation of the event for purposes of medical care and/or promotion of activities related to the event only.

23. This indemnity and waiver applies to my executors, heirs, administrators, assigns and myself.

24. I understand that I may be represented in any dealings with the event by an Athlete Representative registered with ASA, and WA.

I have read and fully understand the Race Rules, Indemnity and Waiver and Terms and Conditions contemplated herein.