

BUCO TOMATO TROT & CYCLE - ENTRY FORM**15KM RUN : 5KM FUN RUN/WALK****55/35/15/8KM CYCLE**

Forms and payments to be completed on-line at www.roag.co.za, at Sportsmans Warehouse, Beacon Bay Retail Park or at BUCO Beacon Bay on Sat 21 January 10:00 – 13:00

	15KM RUN	55KM CYCLE	35KM CYCLE	15KM CYCLE	8KM CYCLE	5KM FUN RUN/WALK
Event						

ID Number					
Full Name					
Gender	M	F	Date of Birth: (dd/mm/yyyy)	/	/

License Number					
Club			Temp license required	Y	N
Email					
Cell Number (for results SMS)					

CATEGORY	COST	✓
15km Run	R 110.00	
15km Run Temp License (Border Athletics)	R 20.00	
55km Cycle (must be born before 31 st Dec 2003)	R 160.00	
35km Cycle (must be born before 31 st Dec 2005)	R 160.00	
Cycling Temp License (Cycling SA)	R 35.00	
15km Cycle	R 120.00	
8km Cycle	R 80.00	
5km Run/Walk	R 80.00	

This signed entry form confirms that I agree to run/cycle according to the rules of ASA, BA, CSA and the Race Organisers, and that I run/ cycle entirely at my own risk.

SIGNATURE: _____
(Parent or Guardian if under 18 years)
Queries: marketing@lilyfontein.co.za

TIMING:

- The 15km run and the 55km, 35km, 15km and 8km cycle events will be timed by FinishTime.
- **All bibs must be worn on the front of the running/cycling shirt**
- (ASA numbers on the front and back with FinishTime bib over the ASA number on the front)
- We accept no responsibility for inaccurate timing as a result of the athlete wearing the incorrect bib/using the wrong bike number or using it incorrectly.
- **All timed athletes will receive their time via SMS after the race**



15KM Run Notes:

- Non-licensed runners/walkers must purchase a temporary license for R20.00 when entering or registering.
- All temporary licenses will be issued at Registration
- **CUT OFF TIME for all races is: 18:00**

FAILURE TO ADHERE TO ANY OF THESE RULES WILL RESULT IN DISQUALIFICATION

15KM Run Rules:

- Runners must be 16 years or older on race day.
- The race is run in accordance with the rules of A.S.A. and B.A.
- A.S.A. license numbers must be worn on the front and back of the vest. The FinishTime race number is placed over the ASA number in the front.
- **Official age category flashes must be worn** on the left front and on the back during the race. Runners failing to do so will not qualify for age category prizes.
- **RUNNERS QUALIFY FOR PRIZES IN THE OPEN CATEGORY AND THEIR OWN AGE GROUPS ONLY**
- Non – licensed runners must purchase temporary license numbers and wear these **high on the BACK** of kit during the race. Race number and timing chip will be on the front
- Athletes are not allowed to run with ear phones in their ears
- Runners must obey all referees, marshals and traffic officials at all times.

55km, 35km, 15km and 8km Cycle Rules:

- This is a Cycle South Africa Sanctioned Event
- Non-licensed cyclists must purchase a temporary license for the 55km & 35km race at a cost of R35.00. This must be done on entering or at Registration.
- All bike numbers will be issued at Registration **AND MUST BE RETURNED AFTER THE RACE.**
- Riders must be older than 15 on 31st Dec of 2018 to compete in the 55km race, older than 13 to compete in the 35km race and older than 8 to compete in the 15km race.
- No bike number = no ride
- No helmet = no ride

5KM Fun Run/Walk Notes:

- All participants must collect their wrist band at Registration venues (see above).

PRIZE GIVING:

- **CUT OFF TIME for all events is 18:00**
- Prize Giving will commence at 17:30 or as soon as possible thereafter.
- Prize money available for the following categories:

15km Runners:

1st | 2nd | 3rd placed male and female in the **open** category

1st | 2nd placed male and female in the following age categories:

Juniors (16-19yrs), 35-39yrs, 40-49yrs, 50-59yrs and 60yrs and over

Cyclists:

1st | 2nd | 3rd placed male and female in the **55km, 35km, 15km & 8km** race.

#RUNCLEAN:

- **This is a #runclean event.** Water will be available at all refreshment stations and will be served in washable, re-usable cups. Please bring other hydration if you do not want to drink from a single-use cup.
- Please return all cups as we recycle and re-wash them for the next event.
- Please do not litter on any of the routes.
- **Please do not take the #RunClean cups home with you!**



GENERAL INFORMATION:

- All entrants will be eligible for lucky draw prizes, but must be present at prize giving to be considered.
- Food, beverages and entertainment will be available throughout the day.
- The BUCO Tomato Trot & Cycle is Lilyfontein School's biggest fundraiser so come and enjoy a fun day at our school with the whole family.
- We look forward to having you at our annual event. Spread the love and get as many friends and family members to join you on the day.

