RACE DETAILS:

CATEGORY	START TIME (not in order)	EARLY BIRD COST	LATE ENTRY FEE (AFTER 21 JAN) ONLY AVAILABLE AT REGISTRATION VENUES	
15km Run (16 years +)	15h30	R 110.00	R 140.00	
15km Temp License (Bord	er Athletics)*	R 20.00	R20.00	
55km Cycle (must be born before 31 Dec 2004 = 15 years +)	13h30	R 160.00	R 190.00	
35km Cycle (must be born before 31 Dec 2006 = 13 years +)	13h40	R 160.00	R 190.00	
35 & 55km Cycle Temp License (Cycling SA)* R 35.00 R 3				
15km Cycle (must be born before 31 Dec 2010 = 8 years +)	15h10	R 120.00	R 150.00	
8km Cycle (open)	14h00	R 80.00	R 100.00	
5km FUN run/walk (open)	16h00	R 80.00	R 100.00	

^{*}Temporary licenses will also be sold at registration – those without a permanent license will be charged for a temporary license. 15 km run temp license R20 and 55/35km Cycle temp license R35

This is a Cycle South Africa Sanctioned Event

Location: Lilyfontein School GPS 32°52'21.40"S 27°59'52.97"E www.lilyfontein.co.za for a map

ENTRIES:

Entries and payments can be made at:

- www.roag.co.za or Sportsman's Warehouse, Beacon Bay Retail Park
- BUCO Beacon Bay Sat 19 January 10:00 13:00

Early entries - close midnight on Monday 21 January.

Late entries - apply from midnight Monday 21 January – 2 February (race day)

- No entries will be accepted via Sportsman's Warehouse or the online www.roag.co.za system after midnight on Monday, 21 January.
- All Late entries must be made at Registration venues (see below).
- All Late entries close 30 minutes before each race starts.
- Traffic to Lilyfontein School will be busy on race day. Please ensure that you leave yourself enough time to register and collect a shirt before your race starts

T-SHIRTS:

T-shirts will be allocated **at REGISTRATION** on a first come first served basis to the first 2000 athletes, please ensure you register early to ensure a good fit and size.

REGISTRATION:

All participants are required to register at one of the following venues/times.

DATE	LOCATION	TIMES
Friday, 1 Feb	Lilyfontein School Farm 564, Brakfontein	12h00 – 15h00
Friday, 1 Feb	Oxford Striders Beach Road, Nahoon	16h30 – 19h00
Saturday, 2 Feb	Lilyfontein School Farm 564, Brakfontein	12h00 – 30 min before the race start time





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 <u>www.roag.co.za</u>, at <u>Sportsmans Warehouse</u>, Beacon Bay Retail Park or at <u>BUCO</u> Beacon Bay on Sat 21 January 10:00 – 13:00

	15KI RUN		55KM CYCLE	35KM CYCLE	15KM CYCLE	8KM CYCLE	5KM F RUN/W	
Event								
	1							
ID Number								
Full Name								
Gender	М	F		Date of Birth: (dd/mm/yyyy)		/ /		
		•	•					
License Number								
Club						Temp license required	Y	N
Email								
Cell Number								

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:

 1^{st} | 2^{nd} | 3^{rd} 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!







- 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.





#RunCle^{an}









