

15km RUN & 5km Fun run/walk
55/35/15 & 8km CYCLE
 at LILYFONTEIN SCHOOL



TOMATO TROT 
3 FEB 2018 & CYCLE

WWW.LILYFONTEIN.CO.ZA

043 737 4258

RACE DETAILS:

Category	Start Time (not in order)	Cost	Late Entry Fee (after 22 Jan) Only available at registration venues
15km Run	15h30	R 100.00	R 130.00
15km Temp License (Border Athletics)		R 20.00	R20.00
55km Cycle (must be born before 31 Dec 2003)	13h30	R 140.00	R 170.00
35km Cycle (must be born before 31 Dec 2005)	13h40	R 140.00	R 170.00
35 & 55km Cycle Temp License (Cycling SA)		R 35.00	R 35.00
15km Cycle (must be born before 31 Dec 2009)	15h10	R 100.00	R 130.00
8km Cycle	14h00	R 80.00	R 100.00
5km FUN run/walk	16h00	R 60.00	R 80.00

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

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

LATE Entry fees apply from:
midnight on Monday, 22 January

Thanks to our sponsors



Entries:

Entries and payments can be made at:

- www.roag.co.za or Sportsmans Warehouse, Beacon Bay Retail Park
- BUCO Beacon Bay Sat 20 January 10:00 – 13:00

Early entries close midnight on Monday 22 January.

T-Shirts

T-shirts will be allocated **at REGISTRATION** on a first come first served basis to the first 2300 athletes.

Late Entries

No entries will be accepted via Sportsmans Warehouse or the online www.roag.co.za system after midnight on **Monday, 22 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

Registration

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

Date	Location	Times
Friday, 2 Feb	Lilyfontein School	12h00 – 15h00
Friday, 2 Feb	Oxford Striders Beach Road, Nahoon	16h30 – 19h00
Saturday, 3 Feb	Lilyfontein School	12h00 – 30 minutes before the race start time

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: 17:30**

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.

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

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

- 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).

GENERAL INFORMATION

- **Registration closes 30 minutes before race start time.**
- The first 2300 participants will receive a race shirt **AT REGISTRATION.**
- **CUT OFF TIME for all events is 17:30**
- 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 and 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.

See www.lilyfontein.co.za for details

- Water will be available at all refreshment stations and will be served in washable, re-usable cups. **This is a #runclean event.** Please bring other hydration if you do not want to drink from a single-use cup.
- 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.



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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 20 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 100.00	
15km Run Temp License (Border Athletics)	R 20.00	
55km Cycle (must be born before 31 st Dec 2003)	R 140.00	
35km Cycle (must be born before 31 st Dec 2005)	R 140.00	
Cycling Temp License (Cycling SA)	R 35.00	
15km Cycle	R 100.00	
8km Cycle	R 80.00	
5km Run/Walk	R 60.00	

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 or Caroline 084 460 6454