

# Wednesday 21 October 2015 ATC SUNSET TEAM TIME TRIAL



ATC Running will be hosting a team time trial through the new Green Point Park surrounding the Cape Town Stadium. Each team will consist of 4 runners, and each runner will run 3 Kms. The 3 Km lap will take in the stadium surrounds, pedestrian and cycle paths, the new urban outdoor gym/fitness area and the Park Amphitheatre.

The Winning Team in each Category will receive a Floating Trophy & Product

CLUB Teams: 4 Licensed Runners from the same Club	Men (3 or more Males)	Ladies (4 Females)	Mixed (Max 2 Males)
CORPORATE: 4 Runners from different or NO clubs			
VETS: 4 Runners over the age of 40	Boys	All Girls	Any Combination
JUNIOR: Runners between Ages 14 - 19			
KIDS: Runners under 14 years			

Start Time: 18:15

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Race Cut-off: 19:45 (1h30) Prize Giving: 20:00

Entry Fee: R40 per runner (R160 per team)  
Junior Entry Fee: R15 (R60 per Team)

**Venue:** Green Point Cricket Club. Parking is available in the surrounding area. Entries are Limited to 100 Teams (400 Runners).

**Registration & Late Entry** (if available) will be at the start.

Enter On-Line at [www.ATCMultisport.club](http://www.ATCMultisport.club)

There will be one refreshment station, in the transition area. Coke and water will be provided as each runner finishes.

Medical backup services will be provided. Toilets will be available. Tog bag facilities will be provided (at runner's own risk).

Clubs are welcome to erect gazebos on the field.

**Format, Categories & Prizes:** The format is a 4 x 3 Km Team Time Trial. Each Team will consist of 4 runners and each runner will run a 3Km lap.

All finishers will receive a special hand-made medal!

Team Categories: **Club** (Men, Ladies, Mixed), **Corporate** (Men, Ladies, Mixed), **Vets** (Men, Ladies, Mixed), **Junior** (Boys & Girls) and **Kids**. Mixed teams must consist of at least two ladies. To qualify for Prizes and the Club trophies teams must consist of licensed runners from the same club and runners must wear official club colours and team category tags. Teams consisting of unlicensed runners or licensed runners from different clubs will compete in the **Corporate** category. **Vets** (40+), **Junior** (14-19) and **Kids** (u/14) team members do not have to belong to the same club or school or be licensed.

## Rules:

- The race will be run in accordance with the rules of ASA and WPA.
- Participants must be 8 years or older on the day of the race.
- To be eligible for Club team prizes and the Club trophy: Teams must consist of licensed runners from the same club ; Runners must wear club colours; 2015 ASA Numbers must be worn on the back of the vest and the SS TTT number in front.
- All traffic officers and marshals must be obeyed.
- Athletes may enter and compete for more than one team but only one of the teams will be eligible for a prize. (The second team they compete for will not be eligible for prizes)
- For safety reasons the use of personal music players whilst racing is strictly prohibited. Any person using such device is in contravention of IAAF Rule 144.3b, will be disqualified and shall not be eligible for individual or team prizes.
- The **Winning Team** in each category will receive prizes.

- Mixed Teams must consist of at least 2 ladies. Teams with 3 or more males will compete in the Men's Category.
- Ladies Teams must consist of 4 Females.
- All runners in Vets Teams must be over the age of 40 on the day of the event.
- Mixed Junior teams will compete in the Junior Boys category.
- There will be NO prizes for 2<sup>nd</sup> and 3<sup>rd</sup> placed teams in any category.
- The race organisers reserve the right to accept or reject any entry.
- Kilometre markers will be placed at each kilometre mark.
- No littering will be allowed anywhere along the route.**
- No personal seconding will be permitted, except at the official refreshment station.
- The Water / Coke station will be in the transition area.
- The entry fee is non-refundable.
- The cut-off time for the race is 1 hour 30 minutes. All 4 runners must complete the race within this time.
- An entry card and / or category tag must be in the athlete's possession during the race.
- Athletes must run with the baton and / or timing chip provided. This must be handed from one runner to the next.

## Sponsors:



WESTERN PROVINCE ATHLETICS  
Race flyers and results  
[www.wpa.org.za](http://www.wpa.org.za)  
[wpa-subscribe@yahoogroups.com](mailto:wpa-subscribe@yahoogroups.com)

Visit [www.ATCMultisport.club](http://www.ATCMultisport.club) for Directions , Route Map and More Info