



OLD MUTUAL
TWO OCEANS
MARATHON

ENTRY FORM



THIS IS
YOUR
MOMENT
THE WORLD'S MOST BEAUTIFUL MARATHON
23:04:11

do great things



Enter online: www.twooceansmarathon.org.za

RaceTec – NEW timing system



OLD MUTUAL TWO OCEANS MARATHON

RACE DATE 23 APRIL 2011

PLEASE SUPPLY ALL INFORMATION - PRINT CLEARLY USING BLOCK LETTERS

Post completed entry form to: PO Box 2276, Clareinch 7740
Contact us: Tel: Race Office 021 657 5140 • Gauteng 011 976 4833
 Email: entries@twooceansmarathon.org.za
 Website: www.twooceansmarathon.org.za

Entries close
16 March 2011
 or 11 000 entries in the
 Half Marathon
 (whichever is reached first)

Which event are you entering? (please tick) **56km** **21km**

Have you entered either race before? yes no

PERSONAL INFORMATION

Surname																						
Name											Nationality											
Initials			Gender (please tick)	Male	Female	ID/Passport number																
Tel. Work											Date of birth	D	D	M	M	1	9	Y	Y	Age on Race Day		
Tel. Home											Postal Address (if outside Africa international fee applies)											
Fax											Postal/Zip code											
Cell											Country of Residence											
E-mail address																						
Home language																						

EMERGENCY INFORMATION (COMPULSORY)

Name of next of kin (in case of emergency)															
Relationship											Contact numbers for next of kin on race day	Home	Cell		
Are you a member of a medical aid?	yes	no													
If yes, please indicate medical aid name															
Medical aid membership number															

CLUB INFORMATION (RSA ENTRANT ONLY)

Do you belong to an athletics club?	yes	no	Club membership is compulsory if entering the Ultra Marathon. For the Half Marathon a temporary licence must be purchased.												
Athletics province															
Athletics club name															
Provincial licence no.															

ULTRA MARATHON (distances 42.2km or longer run from 1 Sept 2010 qualify)																
Qualifying race name																
Qualifying race date	D	D	/	M	M	/	2	0	Y	Y						
Distance in km				Time (42.2km under 5 hours)	H	H	:	M	M							
PUMA Technical T-shirt size (complimentary)	S	M	L	XL	XXL											

HALF MARATHON SEEDING INFORMATION - OPTIONAL (Race run from 1 Apr 2010)																
Seeding race name																
Date of run	D	D	/	M	M	/	2	0	Y	Y						
Distance in km (tick)	10	15	21	Time (21km under 2 hrs)	H	H	:	M	M							
PUMA Technical T-shirt size (R199 each)	S: Qty	M: Qty	L: Qty	XL: Qty	XXL: Qty											

ELECTRONIC TIMING - Timing this year will be done with the RaceTec timing system, no other timing chips are valid.

I own a RaceTec/WinningTime chip. No. (Please note if not 8 characters then chip is not valid)

I need to buy a chip. (Please include the R80 with your entry fee - MANDATORY.) I recently bought a RaceTec chip, but have not received it yet.

MISCELLANEOUS

From time to time our sponsors may use the information provided by you in this entry form to communicate details about its products and services. If you are prepared to have your information used for this purpose, please place a tick in the box provided.

Running shoe brand Adidas Asics Brooks Hi-Tec Mizuno New Balance Nike PUMA Reebok Salomon Saucony Other

Airline to Cape Town (if applicable) BA Kulula Mango SAA 1 Time Other n/a

Do you have a human interest story?

Would you like to receive our e-newsletter? (please tick) yes no

		ULTRA MARATHON				HALF MARATHON					
RSA/AFRICA	Entry fee (South Africa only)	R	1	6	5	R	9	0			
	Entry fee (Africa only)	R	2	1	0	R	1	1	5		
	RaceTec timing chip	R	8	0		R	8	0			
	Temporary licence fee (S.A. only)	R	not applicable			R	2	5			
	T-shirt (21km optional)	R	F	R	E	E	R	1	9	9	
	Results Book (postage & printing)	R	3 0			R	not applicable				
	Donation (Bobs for Good Foundation)	R				R					
Friendship Run entry (Africa only)	R	6 0			R	6 0					
Total	R				R						
INTERNATIONAL	Entry fee	R	7	0	0	R	4	0	0		
	RaceTec timing chip	R	8	0		R	8	0			
	T-shirt (21km optional)	R	F	R	E	E	R	1	9	9	
	Donation (Bobs for Good Foundation)	R				R					
	International Friendship Run entry	R	F	R	E	E	R	F	R	E	E
	1 st Guest fee	R	6 0			R	6 0				
	1 st Guest name		G	U	E	S	T		N	A	M
2 nd Guest fee	R	6 0			R	6 0					
2 nd Guest name		G	U	E	S	T		N	A	M	E
Total	R				R						

PAYMENT DETAILS

PLEASE INDICATE METHOD OF PAYMENT: (NO CASH OR POSTAL ORDERS)

CHEQUE Cheques payable to Two Oceans Marathon.

CREDIT CARD (NO DEBIT CARDS)

Please debit my credit card to the amount of R

Master Visa Credit Card No.

Exp Date CVW No. (last 3 numbers on the back of credit card)

Card holder's signature: _____

DIRECT DEPOSIT/EFT

BANKING DETAILS:
Bank: NEDBANK Pinelands **Account no.:** 1077006233
Branch code: 104709 (Direct deposits) or 198765 (EFT)

- Post entry form & original deposit slip to: PO Box 2276, Clareinch, 7740
- Write your full name on the deposit slip and attach the original to the entry form (no photocopies).

• Deposits will not be considered confirmation of entry unless accompanied by a completed entry form. Both deposit slip and entry form must be posted before entries close. Make sure to keep a copy.

• NO faxed or e-mailed entry forms will be accepted

• Entry fee is not refundable under any circumstances (unless rejected by the organisers).

• Entry fee is waived for holders of 25 or more Two Oceans 56km medals.

RELEASE AND WAIVER

I declare that all information supplied by me is true and correct. I am in good health, physically fit and sufficiently trained to participate in this endurance event. I agree to abide by the rules, conditions and regulations for this event, which include the payment of the entry fee and electronic chip timing fee (if any). I hereby release and discharge the organisers of the Old Mutual Two Oceans Marathon, Half Marathon, Trail Runs and Fun Runs, The Two Oceans Marathon (Association incorporated under Section 21) Athletics South Africa, Western Province Athletics, City of Cape Town, all sponsors, volunteer groups, medical personnel, and any and all local authorities, from any loss or damage, however caused, arising from my participation in the event, including pre-race and post-race activities. This waiver applies to my executors, heirs, administrators, assigns and myself. I undertake not to exhibit or wear any advertising material, logos or political slogans that are contrary to the rules of ASA and IAAF. I also grant my permission, in terms of Section 51 of the Electronic Communications Transactions Act 25 of 2002, to use my name, race information and photographs, video tapes, broadcasts and telecasts in which I may appear free of charge and to supply the information to sponsors of the Old Mutual Two Oceans Marathon, Half Marathon, Trail Runs and Fun Runs. **This race is run under the rules and auspices of IAAF, ASA and WPA. Foreign athletes should note IAAF rule 4 para 2 which requires them to obtain written approval (a permit) from their own federations to compete in a foreign country.**

Signature: Parent or Guardian (if under 18 years) Date:



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ULTRA MARATHON (56KM) — 42ND RACE

HALF MARATHON (21KM) — 14TH RACE

START
 Main Road, Newlands

Time: 06:25

Time: 06:00

CUT-OFF TIMES
 Race is run from gun to gun/finish line

7 hours at the finish line, for cut-offs on the route go to www.twooceansmarathon.org.za

3 hours at the finish line, for cut-offs on the route go to www.twooceansmarathon.org.za

CLOSING DATE FOR ENTRIES
 (NO LATE entries)

16 March 2011

11 000 entries or 16 March 2011 (whichever is reached first)

MINIMUM AGE
 for runners

Entrants must be no younger than **20** on the day of the race.

Entrants must be no younger than **16** on the day of the race.

QUALIFYING

Runners are required to have run at least one qualifying race from 1 September 2010:
 42.2km in under 5 hrs
 50km in under 6 hrs 30 min
 90km in under 12 hrs
 100km in under 13 hrs 30 min

This is not compulsory, but if no time is supplied runners start in the last group.
 Seeding is based on a previous 10km, 15km or half marathon run since 1 April 2010.

SEEDING

Based on qualifying standards. For info on seedings of longer distances, please see www.twooceansmarathon.org.za.
 Athletes will be seeded according to the qualifying time stated at entry – please provide personal best time since 1 September 2010 for the relevant distance.

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Based on 42 km	
A	sub 3 hrs
B	sub 3 hrs 30 min
C	sub 4 hrs & blue and yellow numbers
D	sub 4 hrs 15 min
E	rest of the field

	10km	15km	21.1km
A	sub 40 min	sub 1hr 02 min	sub 1 hr 30 min
B	sub 45 min	sub 1hr 10 min	sub 1 hr 40 min
C	sub 50 min and blue + yellow numbers	sub 1hr 16 min and blue + yellow numbers	sub 1 hr 50 min and blue + yellow numbers
D	sub 57 min	sub 1 hr 28 min	sub 2 hrs 06 min
E	Novices and runners with no previous time	Novices and runners with no previous time	Novices and runners with no previous time

MEDALS
 To all finishers within the cut-off time

Gold 1st 10 men & women
Silver sub 4 hrs
Sainsbury sub 5 hrs
Bronze sub 6 hrs
Blue sub 7 hrs (cut-off)

Gold 1st 10 men & women
Silver sub 1 hr 30 min
Bronze sub 3 hrs (cut-off)

PRIZE MONEY

The prize-giving will take place at 13:45

The prize-giving will take place at 09:00

Individual Prizes*
 (men and women)

	Open	40-49 yrs	50-59 yrs	60-69 yrs	70+ yrs
1 st	R 250 000	R 10 000	R 5 000	R 3 000	R 500
2 nd	R 125 000	R 5 000	R 3 000	R 2 000	R 300
3 rd	R 65 000	R 3 000	R 2 000	R 1 000	R 200
4 th	R 35 000	R 2 000	R 1 000		
5 th	R 25 000	R 1 000	R 500		
6 th	R 15 000				
7 th	R 14 000				
8 th	R 13 000				
9 th	R 12 000				
10 th	R 10 000				

	Open	16-19 yrs *	40-49 yrs	50-59 yrs	60-69 yrs	70+ yrs
1 st	R 20 000	R 750	R 4 000	R 2 000	R 1 000	R 500
2 nd	R 10 000	R 500	R 3 000	R 1 000	R 750	R 300
3 rd	R 5 000	R 300	R 1 500	R 750	R 500	R 200
4 th	R 3 500	R 200	R 1 000	R 500		
5 th	R 3 000	R 100	R 500	R 250		
6 th	R 2 500					
7 th	R 2 000					
8 th	R 1 000					
9 th	R 750					
10 th	R 500					

* Prize money for the open individual categories will only be issued once doping results have been received.

Team Prizes
 (men and women)

Based on the total combined times of the team members. ASA rules on eligibility for team prizes apply. Athletes will be eligible for the team competition corresponding to the individual age category entered.

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	1 st	2 nd	3 rd
Senior (20-39 yrs)	4 x R 3 000	4 x R 2 000	4 x R 1 000
40-49 yrs	4 x R 2 000	4 x R 1 000	4 x R 500
50+ yrs	3 x R 500		

	1 st	2 nd	3 rd
Senior (16-39 yrs)	4 x R 500	4 x R 400	4 x R 300
40-49 yrs	3 x R 250	3 x R 200	
50+ yrs	3 x R 200		

Record Incentives

R 50 000 each
 Overall winner who breaks the course record (3:03:44)
 First woman who breaks the women's course record (3:30:36)

R 10 000 each
 Overall winner who breaks the course record (1:02:54)
 First woman who breaks the women's course record (1:12:39)

Position/Time Bonuses

	1 st	2 nd	3 rd	4 th	5 th
	R 5 000	R 4 000	R 3 000	R 2 000	R 1 000

WP Athletes only (men and women)

	Sub	Bonus
Men	1 hr 02 min	R 20 000
	1 hr 02 min 30 sec	R 15 000
Women	1 hr 12 min	R 20 000
	1 hr 12 min 30 sec	R 15 000

Time bonuses are in addition to the record incentives, are not cumulative and apply only to the overall winners.

LICENCE REQUIREMENTS

South African entrants wanting to run the ultra marathon must belong to an athletics club affiliated to ASA and have a valid provincial licence number. Please note that no temporary licences will be valid. The entry fee for international and Africa entrants already includes the temporary licence fee.

ASA affiliated athletics club (provincial) or temporary licence is required with entry. Temporary licences must be purchased by unlicensed participants i.e. not a member of an ASA-affiliated running club. The entry fee for international and Africa entrants already includes the temporary licence fee.



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Hand delivered entries: Two Oceans Marathon, Colstine Terrace,
(No cash accepted) 88 Belvedere Rd, Claremont 7708
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SUMMARY

WHEN ENTERING, PLEASE TAKE NOTE OF THE FOLLOWING:

- New Timing System:**
All runners are required to wear a RaceTec or old WinningTime chip on their shoe during the race (WinningTime chips are compatible with RaceTec). The RaceTec chip must be registered in the runner's name and not belong to someone else. Runners who don't own a RaceTec or WinningTime chip must include R80 with their entry fee – they will be able to collect their RaceTec chip at Race Registration. For more information visit www.twooceansmarathon.org.za.
NO TIMING CHIP, NO RESULT.
- Runners are advised to send their entry form with proof of payment via registered or priority mail. Please keep copies of the entry form, proof of payment and registered mail counter foils. **Runners who have credit cards and internet access are strongly advised to enter online at www.twooceansmarathon.org.za.**
- Entry acknowledgement** will be sent to all runners. Runners who give e-mail addresses will receive an electronic entry acknowledgement. **It is vital that you bring the printed race acknowledgement and proof of identity (e.g. ID document, passport, driver's licence, etc.) to Registration.**
- Registration:** Runners must collect their race packs prior to the race at the Good Hope Centre (corner of Sir Lowry Rd and Oswald Pirow St) as follows:
Wed 20 April 10:00 - 19:00
Thu 21 April 10:00 - 19:00
Fri 22 April 09:00 - 19:00 (Expo closes at 17h00)
No number collection/Registration on Saturday morning before the race.
- If you are unable to collect your race pack, a third party can collect on your behalf with a printed copy of entry acknowledgement as well as a letter of authorisation from the entrant. This letter needs to state both the entrant and the person collecting the race pack's ID number. The person collecting the race pack must have some form of identification.
- Runners may not claim their registration bag, RaceTec chip, race number and T-shirt after Registration closes. These will not be forwarded and no refunds will be given.
- Upgrades, downgrades or substitutions** will be facilitated via the website, from 1 February to 16 March 2011 only. Please note: Cost implications and other conditions are applicable. (see our website for details).
- Seeding upgrades** will be done free of charge. Race name, date, distance and time must be emailed to info@twooceansmarathon.org.za before 16 March 2011.
- Race entry fees deposited after entries close will not be refunded and the entry will be rejected.
- Make sure to only enter the race once. Deposits will not be refunded for duplicate entries.
- Irregularities in any entry form will result in it being rejected.
- The race organisers reserve the right to accept or reject any entry.
- Any runner contravening the rules of the race will be banned from the event for 2 years.



GENERAL INFORMATION

TRAIL RUNS

The boom in trail running over the past few years prompted the Two Oceans Marathon race office to introduce its very own trail run through the forests above UCT, offering inspiring vistas over the peninsula, on Good Friday morning.

Both the short and the long runs start at the UCT grounds and take runners along the lower slopes of Devil's Peak and nearby forests. Open to beginner and experienced trail runners, the challenging routes offer runners varied terrain with steep ascents and descents.

The run starts at 07:30 and entries are limited to 500 participants per route. Enter online at www.twooceansmarathon.org.za. No entries are taken on race day.

INTERNATIONAL FRIENDSHIP RUN

All international and Africa entrants are invited to take part in a scenic run/walk through Cape Town on the Friday before the main race (22 April) at 09:30. For more information go to www.twooceansmarathon.org.za



FUN RUNS

Family participation over various distances is encouraged on **Good Friday, 22 April 2011**, starting at the **UCT Upper Campus rugby fields**. For more information phone 021 699 0611 or e-mail funrun@twooceansmarathon.org.za

OLD MUTUAL TWO OCEANS 2011 RUNNERS' VILLAGE

The Runners' Village is designed to give "less fortunate" athletes the opportunity to participate in the Old Mutual Two Oceans Marathon. To be considered for the Runners' Village stringent selection criteria apply. Call 021 637 5501 for more details.

RACE CHARITY

Founded by former Springbok captain, Bob Skinstad, and his lifelong friend, Ron Rutland, the Bobs for Good Foundation employs a dynamic team of changemakers who work with like-minded partners and private donors to ensure that South Africa's neediest children will one day walk tall in a brand new pair of quality leather school shoes donated by the foundation.



ACCOMMODATION AND TRAVEL PACKAGES

ACCOMMODATION

CAPE TOWN TOURISM

Contact 021 487 6800 or info@capetown.travel or www.capetown.travel



SCHOOL HOSTEL ACCOMMODATION

Rondebosch Boys High School	Kathy Duncan	021 686 3749
Vera School	Anita Reid	021 696 2005
Cape Academy of Maths and Science	Wilfred Nolan	021 794 6613
Wynberg Boys High School	Gillian Gardner	021 797 6012
SACS High School	Tim Fletcher	021 689 2853

TRAVEL

PENTHOUSE TRAVEL SPORTING TOURS

Contact Marie Howarth 021 976 8110 or marie@travelways.co.za or www.runningtours.co.za



JB TRAIN TOURS

Two Oceans Marathon Train Tour from Johannesburg
Phone 011 913 2442 or info@jbtours.co.za

NBK BUS TOURS

Two Oceans Marathon Bus Tour from Johannesburg
Phone 011 616 8888 or nbktravel@telkomsa.net

