

Sunfoil

CAPE TOWN BIG WALK

5KM
10KM

2016 **SPUR**
Steak Ranches

SUNDAY 28 FEBRUARY 7.30AM



START VLEI ROAD, OPPOSITE CAPE TOWN STADIUM
FINISH GREEN POINT TRACK
ENTRIES CLOSE 22 FEBRUARY




#CTBW2016

www.capetownbigwalk.com

 Cape Town Big Walk

 @CTBigWalk

 ctbigwalk



FUNDS RAISED IN AID OF



Cape Argus



CITY OF CAPE TOWN
ISIXEKO SASAKAPA
STAD KAAPSTAD



CAPE TOWN
TOURISM
www.capetown.travel

web tickets

Sunfoil

HOW TO ENTER

- 1 Online** at www.webtickets.co.za. Contact Webtickets on (021) 834 5000 for queries
- 2 Download** an entry form from our website: www.capetownbigwalk.com
- 3 Get an Entry Form** (enter and pay), at the following stores:
 - Winner's Supermarket, Mitchell's Plain
 - Taz Boutique, Gatesville
 - Selected Tekkie Town stores throughout the Western Cape
 - Islamic Library, Gatesville and Paarl mosque
 - Honey's Stationery & Print, Vangate Mall, Gatesville and Ottery Hyper
 - Spitfire Chicken & Grill, Kromboom
 - Participating schools & organisations (contact CTBW offices 021 637 1607)

• Participating **Spur Steak Ranches:**

Abenaki Spur	Liberty Promenade Mitchell's Plain
Alamo Spur	Tyger Valley Centre Bellville
Apache Spur	Pinnacle Building Strand Street
Eagle Eye Spur	St Peter's Square Observatory
Golden Bay Spur	Seaside Village Big Bay
Golden Feather Spur	Vangate Mall Athlone
Hawkeye Spur	Parow Centre Parow
Iowa Spur	Soneike Shopping Centre Kuilsriver
Little Creek Spur	Main Road Tokai
Mexico Spur	Canal Walk Milnerton
Red Hawk Spur	Checkers Main Rd Plumstead
Rodeo Spur	Warwick Place Claremont
Santa Ana Spur	V&A Waterfront
Seven Spur	Arthur's Road Sea Point
Texas Spur	N1 City Mall Goodwood
Tomahawk Spur	Voortrekker Road Goodwood
Topeka Spur	Kenilworth Shopping Centre
Twin Peak Spur	Pick'nPay Hypermarket Ottery

ENTRIES & PAYMENT INFO

Email entries and proof of payment:
entries@capetownbigwalk.com

Faxed entries and proof of payment:
086 612 8395 / 021 633 6239

Postal entries and proof of payment:
PO Box 225, Gatesville, 7766

Hand delivered entries and proof of payment:
Cape Town Big Walk, 3 Mavis Rd, Rylands Estate and participating stores (see list above)

Bank details for EFTs & direct deposits:
Name of Bank: First National Bank (FNB)
Account Name: Cape Town Big Walk
Branch: Lansdowne
Brand Code: 203209
Account No: 59173321158
Please use your surname as the reference.

CLOSING DATE

Monday 22 February 2016 (all entries)

RACE REGISTRATION & EXPO DATES

Food and refreshments will be on sale at the expo when you collect your race numbers.

Date & Time

Thursday 25 February	17:00 – 21:00
Friday 26 February	17:00 – 21:00
Saturday 27 February	10:00 – 14:00

Venue

The College of Cape Town
Crawford Campus
Cnr. Kromboom & Thornton Road
Crawford

RACE START & FINISH TIMES

Date: Sunday 28 February 2016

10km walk start:	7:30am	Vlei Road
5km walk start:	8:00am	Vlei Road
5 & 10km finish:	Green Point Track	

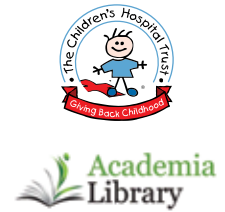
Wheelchair bound and pram participants:

7:00am: lined up at the front of the start line
Start: 10 minutes before official start of race





The spirit of giving back has always been at the heart of the Cape Town Big Walk. Since our inception in 2000, we have raised funds for Red Cross Children's Hospital and Academia Library. Now, we want to do more to help other organisations and take on new projects. Proceeds from your entry assist us in providing much-needed funding for beneficiaries that match the CTBW's pillars of education, fitness and health. Make a donation to the Cape Town Big Walk Foundation and make a difference in our communities.



RULES & IMPORTANT INFORMATION

RULES

1. The Sunfoil Cape Town Big Walk presented by Spur Steak Ranches, is a non-timed event and is run in accordance with the rules of Western Province Athletics (WPA).
2. The event organisers and event committee reserve the right to cancel the event if, in its sole discretion, decides to do so in the public interest.
3. Entry fees are non-refundable.
4. If payment is not received within 7 days of entry, your entry will be deleted.
5. Race number must be pinned to front of your shirt.
6. The indemnity section must be signed in order for your entry to be processed.
7. The event organisers reserve the right to accept or reject any entry.
8. All traffic officers and marshals must be obeyed at all times.
9. Toilets will be available at the start and finish.
10. Kilometre markers will be placed at each kilometre.
11. Refreshment stations provided at 2, 4, 6 & 8km marks.
12. A Medal, Jive cool drink & Polar Ice Cream given to all finishers with race number attached to their shirt.
13. To be eligible for prizes, winners must be present during the ceremony.
14. Prizes are not transferable and cannot be exchanged for cash.

ANTI-LITTERING

Please refrain from littering along the route. Bins will be provided at various points along the route.



MEDICAL FACILITIES

Emergency medical facilities will be provided by Rondebosch Medical Centre. Medical personnel will be provided by the Islamic Medical Association (IMA).

PRIZE GIVING CEREMONY

DATE: Sunday 28 February 2016

TIME: 10:30 – 11:30 am (after event)

Some exciting prizes up for grabs:

- 2 Airline tickets
- 2 Android tablets
- Educational bursary to the value of R12000 sponsored by the College of Cape Town
- Walking shoes sponsored by Tekkie Town
- LCD TV sponsored by Taj Radio & TV
- Mountain bikes sponsored by Dragon Gas (Prizes are subject to change.)

SPONSORS

