

MEDICAL INFORMATION - Medical information is required as part of the race entry process. Please read these questions carefully and complete the information as accurately as possible. (PLEASE NOTE that you may be contacted by the medical team for more information).

Weight kg Height cm

Do you have any of the following cardiac risk factors? yes no
 A family history of cardiac disease; current smoker or quit within the last 6 months; high blood pressure; high blood cholesterol; diabetes; impotence (men) or lack of exercise (not exercising at least 3 times each week)
 If "yes", please state which of these:

Currently, or in the past, do you experience any symptoms of heart or blood vessel disease? yes no
 Pain when exercising in the chest, neck, jaw, upper arm or upper back; swollen ankles; abnormal shortness of breath at any time; dizziness; abnormal heart beats (palpitations) or leg / calf pain when exercising (which disappears quickly when you stop exercising).
 If "yes", please state which of these:

Currently, or in the past, have you ever experienced any heart or blood vessel conditions? yes no
 Heart attack; coronary artery bypass surgery; coronary stent or balloon angioplasty; heart transplant, heart pacemaker; undiagnosed chest pain; heart failure; abnormal heart beat/arrhythmia; rheumatic fever; heart murmur; cardiomyopathy; myocarditis; inherited heart defect.
 If "yes", please state which of these:

Do you experience any respiratory/lung problems? yes no
 Abnormal shortness of breath; asthma; emphysema; exercise-induced bronchospasm
 If "yes", please state which of these:

Do you have any of the following conditions: yes no
 Diabetes; thyroid disorder; chronic kidney disease or severe hormonal disorder.
 If "yes", please state which of these:

Do you experience any severe gastro-intestinal symptoms? yes no
 Severe nausea or vomiting; severe abdominal pain; severe diarrhoea.
 If "yes", please state which of these:

Do you experience any central nervous system conditions or symptoms? yes no
 Seizures; chronic fatigue; severe weakness; recent stroke; loss of sensation in an area of the body.
 If "yes", please state which of these:

Do you have any known disease of the blood or autoimmune conditions? yes no
 Anaemia, recurrent blood infections, leukaemia, immune-suppressive disorder, rheumatoid conditions, immune-suppressive medication.
 If "yes", please state which of these:

Do you experience any significant joint or muscle pain at present that prevents you from running normally? yes no
 If "yes", please state which of these:

Do you have any serious allergies (food, medicines, animal, or plant material)? yes no
 If "yes", please state which of these:

Have you been taking any medication for more than one week now? yes no
 If "yes", please state which of these:

Are you taking any of the following: ephedrine/pseudoephedrine/any stimulants? yes no
 If "yes", please state which of these:

PAYMENT DETAILS Please indicate payment method (NO CASH OR POSTAL ORDERS ACCEPTED)

CHEQUE Payable to "Two Oceans Marathon".

CREDIT CARD (NO DEBIT CARDS) Mastercard Visa

DIRECT DEPOSIT/EFT BANKING DETAILS: FOR ULTRA MARATHON ONLY
Bank: NEDBANK Southern Peninsula **Account name:** Two Oceans Marathon
Account no.: 1077006233 **Reference:** ID number
Branch code: 123209 or 198765 (EFT)

Please debit my credit card in the sum of R

Credit Card No.

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

Deposits will not be considered as 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.

RSA/AFRICA RESIDENTS		INTERNATIONAL	
	ULTRA MARATHON		ULTRA MARATHON
Entry fee (South Africa only)	R 3 8 0	Entry fee	R 1 2 0 0
Entry fee (Africa only)	R 4 2 0	RaceTec timing chip	R 1 2 0
RaceTec timing chip	R 1 2 0	International Friendship Run entry	R F R E E
International Friendship Run entry (Africa only)	R F R E E	Guest fee	R 1 5 0
Guest fee (Africa only)	R 1 5 0	Guest name	<input type="text"/>
Guest name (Africa only)	<input type="text"/>	Guest date of birth	<input type="text"/>
Guest date of birth (Africa only)	<input type="text"/>	*Charity Donation: (Optional donations to official TOMI race charities)	
*Charity Donation: (Optional donations to official TOMI race charities)		1. Cancer Buddies R	
1. Cancer Buddies R		2. Centre for Early Childhood Development (CECD) R	
2. Centre for Early Childhood Development (CECD) R		3. National Sea Rescue Institute (NSRI) R	
3. National Sea Rescue Institute (NSRI) R		4. SA Guide-Dogs Association R	
4. SA Guide-Dogs Association R		Total R	
Total R		Total R	

Card holder's signature

TWO OCEANS MARATHON CONTACT DETAILS

Tel: 021 799 3040
 Fax: 086 644 3428

info@twooceansmarathon.org.za
 www.twooceansmarathon.org.za

Post completed entry form to
 PO BOX 2276,
 Clareinch 7740

PLEASE NOTE

- Fax to email entries accepted: 086 644 3428.
- Entry fees are not refundable under any circumstances.
- Entry fee is waived for holders of 25 or more Two Oceans 56km medals.
- Entries for the Ultra Marathon close once 11000 entries are received or by 23 February 2016, whichever is reached first.

WAIVER
 I warrant that all information supplied by me is true and correct. Should I be entering on behalf of someone else I warrant that I am duly authorised to do so and am entitled to bind the participant to this agreement. I am in good health, physically fit and sufficiently trained to participate in and understand the risks associated with this mass participation endurance event. I agree to abide by the rules, conditions and regulations for this event, which includes the payment of all entry fees, which I accept will not be refunded if I choose not to participate in an event entered, for any reason. I accept that in these circumstances the entry fee paid shall represent a reasonable cancellation fee and shall not be refunded to me. I accept that I enter and participate at my own risk and hereby fully indemnify the organisers of the Old Mutual Two Oceans Marathon, Half Marathon, Trail Runs and Fun Runs, Two Oceans Marathon NPC, Athletics South Africa, Western Province Athletics, City of Cape Town, SANParks, all sponsors and partners, volunteer groups, medical personnel, and any and all local authorities, from any direct or indirect loss or damage, however caused, arising from my participation in the event or related to 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. I accept that my personal information will remain confidential and hereby consent to same being shared with the parties involved in the organisation of the event for purposes of medical care and / or promotion of activities related to the event.

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



OLD MUTUAL TWO OCEANS MARATHON

the world's most beautiful marathon | Cape Town 2016



ULTRA MARATHON 56KM ENTRY FORM

26 MARCH 2016
 Starting time: 06:30am



WIN R1million
 if you break the **ULTRA RECORD** in **2016!**



The Old Mutual Two Oceans Marathon known as 'the world's most beautiful marathon', covers a distance of 56km (35 miles) and takes place every year in Cape Town on Easter Saturday (26 March 2016).

SUMMARY

- Runners do not need to qualify before entering the Ultra Marathon. Even though it is a prerequisite for participation, information can be supplied by 23 February 2016.
- Fax to email entries accepted: 086 644 3428.
- Do not duplicate your entry.
- Entry fees are not refundable under any circumstances.
- No late entries will be accepted and no entries after the race entry limit has been reached.
- Seeding upgrade** can be updated online up until 23 February 2016 at no charge or by calling the race office. Please provide the race name, date, distance and time of your qualifying race together with your name and race number before 23 February 2016.
- Substitutions** will be done only when the maximum number of 11000 entries has been reached and this will be facilitated from 11 January to 23 February 2016. **Cost implications and other conditions are applicable.**
- No downgrades are permitted from the Ultra Marathon to the Half Marathon.
- The race organisers reserve the right to accept or reject any entry. Irregularities in an entry form may result in it being rejected.
- Entry acknowledgement** will be sent to all runners. **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: No number collection/registration on Saturday morning before the race.** Runners must collect their race packs prior to the race at the CTICC, 1 Lower Long Street, Cape Town.
- If you are unable to collect your race pack, a third party can collect on your behalf with a printed copy of the entry acknowledgement as well as a letter of authorisation from the entrant (form downloadable from our website). This letter needs to state both the entrant and the person collecting the race pack's ID number as well as the signature of both parties. 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.
- Any runner contravening the rules of the race will be banned from the event for 1 year.
- Not all prize categories will be awarded at the prize-givings. Some prizes will be distributed from the race office after the event.

56KM ULTRA MARATHON

The Old Mutual Two Oceans Ultra Marathon starts at 06:30 in Main Road, Newlands, Cape Town and finishes at the University of Cape Town's Upper Campus. The Ultra Marathon route is quite flat for the first 28km and then starts to climb quickly as runners approach the start of Chapman's Peak (180m). From Hout Bay the route climbs again to its highest point at Constantia Nek (215m). Thereafter the route is undulating until the finish at the University of Cape Town. All runners who finish within the different cut-off times (based on gross time) are awarded different medals based on finishing times within 7 hours, which is the final race cut-off time. Total prize money is approximately R1.5 million with the first prize being R250 000. The title sponsor Old Mutual added R1 million prize money to each of the winning male and female runner who breaks the record for the 56km ultra marathon in 2016. The men's record of 3:03:44 was set in 1988 by Thompson Magawana, while Frith van der Merwe set the women's record a year later in 1989 when she ran 3:30:36.

Cut-off times

Race is run from gun to mat/finish line with a 7 hour cut-off. See www.twooceansmarathon.org.za for details.

Minimum age

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

Medals

To all finishers within the cut-off time

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

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 permitted. The entry fee for international and Africa entrants already includes the temporary licence fee.

21KM HALF MARATHON

The Old Mutual Two Oceans Half Marathon starts at 06:00 – the start and finish venues are the same as for the Ultra Marathon. Runners need not qualify for this event. The race has a cut-off time of 3h10 with different medals based on finishing times. The Half Marathon is the perfect event if you want to experience the Old Mutual Two Oceans Marathon and ultra running is not for you. The Half Marathon is all about the unique vibe and energy that the Old Mutual Two Oceans Marathon is famous for.

INTERNATIONAL FRIENDSHIP RUN

International entrants are invited to meet on Good Friday morning at the V&A Amphitheatre on 25 March 2016 at 09:30, for a scenic 5.6km run/walk through the City of Cape Town, past some of the city's most famous landmarks, which include the Cape Town Stadium, Sea Point Promenade, Green Point Park and Mouille Point Lighthouse. Runners from all over the world get into the marathon spirit by jogging with flags from their respective countries. Their family and friends also have the option of participating in the Friendship Run for a nominal fee.

TRAIL RUNS

The boom in trail running over the past few years prompted the Two Oceans Marathon office to introduce its very own trail run through the forests above the University of Cape Town on Good Friday. Both the 10km and 22km runs start at the University of Cape Town 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, descents and jeep tracks. The runs start at 07:00 on 25 March 2016 and entries are limited. No entries are taken on race day. For more information regarding the Trail Runs contact the Trail Run Team on 021 799 3040 or email info@twooceansmarathon.org.za

FUN RUNS

Fun Runs over various distances take place on Good Friday, 25 March 2016, starting at the UCT Upper Campus rugby fields from 09:00 to 14:00. Fun runners can choose from a variety of distances: 5.6km, 2.1km, the 300m Toddlers' Trot and the 56m Nappy Dash for the kiddies. The fun runs are a great way for runners and their families to be part of the Two Oceans Festival of Running over the Easter weekend. Enter Online or download an entry form. For more information contact the Old Mutual Two Oceans Marathon on 021 799 3040 or email info@twooceansmarathon.org.za

OLD MUTUAL TWO OCEANS 2016 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 selection criteria will apply. For more information call 021 799 3040 from 1 November 2015.

ACCOMMODATION

Cape Town Tourism

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



School Hostel Accommodation

Wynberg Boys High - Littlewood HSE	Anne Grobler	Sms: 072 661 6530
Vera School in Rondebosch	Anita Reed	Tel: 021 696 2844 E-mail: fundraiser@vera.co.za
Rondebosch Boys High School	Kathy Duncan	Tel: 021 686 3987 or 083 308 6793 E-mail: hostel@rondebosch.com

TRAVEL

PENTHOUSE TRAVEL SPORTING TOURS

Contact: Marie Howarth
Tel: 021 976 8110
Email: marie@travelways.co.za
www.runningtours.co.za



NBK BUS TOURS

Two Oceans Marathon bus tour from Johannesburg
Tel: 011 616 8888 or email nbktravel@telkomsa.net

EXHIBITION & REGISTRATION

The Old Mutual Two Oceans Marathon Expo and race registration (number collection) takes place at the Cape Town International Convention Centre (CTICC) on the three days prior to race day. With over 100 exhibitors, the Old Mutual Two Oceans Marathon Expo has become much more than just a running exhibition and is a great visit for family and friends.

Exhibition and registration times

Wed, 23 March 2016	09:00 - 19:00
Thurs, 24 March 2016	09:00 - 19:00
Fri, 25 March 2016	08:00 - 17:00



OLD MUTUAL TWO OCEANS MARATHON

the world's most beautiful marathon | Cape Town 2016

ULTRA MARATHON 56KM

26 MARCH 2016

START TIME: 06:30

PRINT CLEARLY USING BLOCK LETTERS

PERSONAL INFORMATION

Surname																				
First name											Nationality									
Initials			Gender (tick)	Male	Female	ID/Passport number					Date of Birth					Age on Race Day				
Tel. Work											Postal Address (for confirmation and photos)									
Tel. Home											Postal/Zip code									
Fax											Country of Residence									
Mobile/Cell											Home language									
E-mail address																				
Home language											Country of Residence									
Have you entered any of the Old Mutual Two Oceans Marathon events before?	Yes	No																		

EMERGENCY INFORMATION - COMPULSORY

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

CLUB INFORMATION - RSA ENTRANTS ONLY. Club membership is compulsory if entering the Ultra Marathon.

Athletics province																				
Athletics club name																				
Provincial licence no.											OFFICIAL USE ONLY: Club code									

ULTRA MARATHON (distances 42.2km or longer run from 1 July 2015 to qualify)

Qualifying race name																			
Qualifying race date			D	D	/	M	M	/	2	0	Y	Y							
Distance in km			Time (42.2km under 5h)					H	H	:	M	M							
adidas technical T-shirt style (tick)			Men's cut					Women's cut											
adidas technical T-shirt size (complimentary)	S	M	L	XL	XXL														
Please mark the correct size as no exchanges will be allowed.																			
Runners are required to have run at least one qualifying race from 1 July 2015:																			
• 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				
Seeding based on 42 km					A sub 3 hrs					B sub 3 hrs 30 min					C sub 4 hrs and blue + yellow numbers				
					D sub 4 hrs 15 min					E rest of the field sub 5 hrs									

TIMING SYSTEM - The wearing of a timing chip is **COMPULSORY**. NO CHIP, NO TIME, NO EXCEPTIONS. All runners are required to wear a RaceTec or old WinningTime chip on their shoe during the race. Runners who don't own one must include **R120** with their entry fee. They will be able to collect their RaceTec chip at Race Registration. For more information visit www.twooceansmarathon.org.za.

- I own a RaceTec chip. No. (Please note if not 8 characters then chip is not valid)
- I do not own a chip and have included R120.00 in order to purchase one
- My timing data can be used on the official event app/apps



MISCELLANEOUS

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

Would you like to receive the Old Mutual Two Oceans Marathon e-newsletter?	yes	no	Airline to Cape Town (if applicable)	BA	Kulula	Mango	SAA	Safair	Other			
Running shoe brand	adidas	Asics	Brooks	Hi-Tec	Mizuno	New Balance	Nike	PUMA	Reebok	Salomon	Saucony	Other

