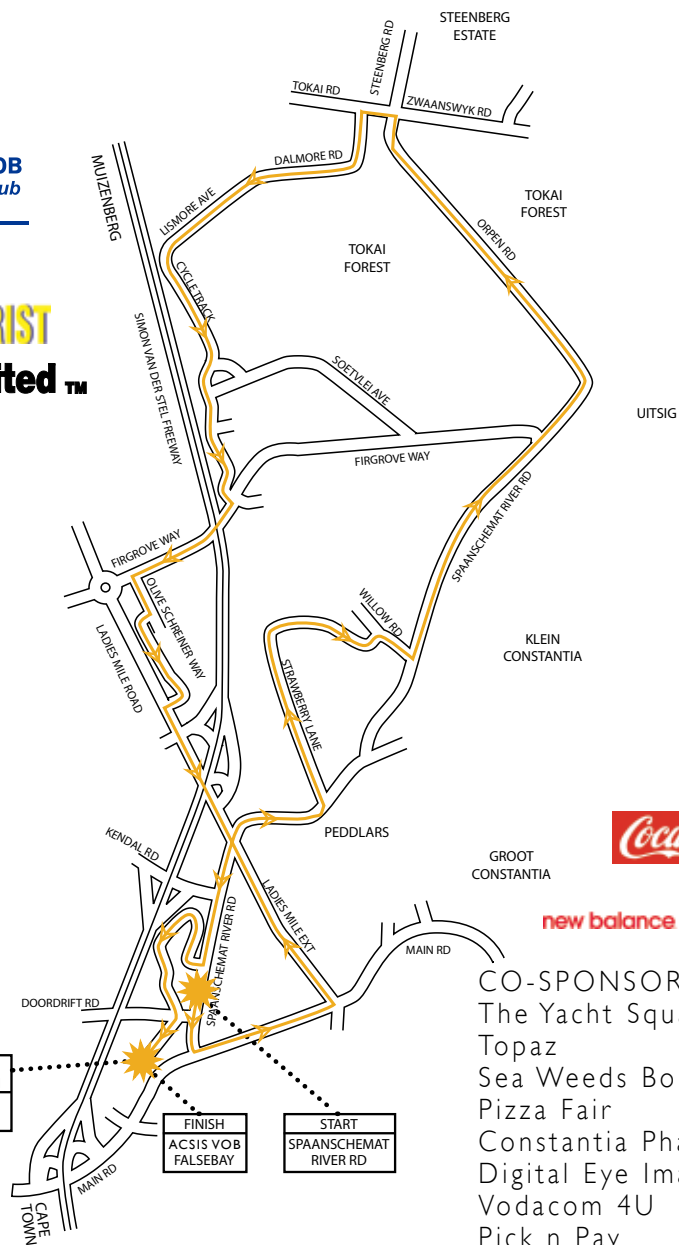


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GO FOR GOLD
THE CONSTANTIA VILLAGE
15 KM ROAD RACE & 5 KM FUN RUN
HOSTED BY



SATURDAY, 13 MARCH 2010

GO FOR GOLD IN THE 15 KM RUN, 5 FUN RUN, OR AS A SPECTATOR

Sponsored by The Constantia Village and hosted by ACSIS VOB Running Club, The Constantia Village 15 km Road Race is run on an undulating course through some of the most beautiful green spaces in the city.

Wonderful prizes and give-aways have been made available by tenants of The Constantia Village, including gold medals for the runners who finish 1 to 100; silver for those finishing 101 to 200 and bronze for the remainder.

Don't miss this event in which the whole family can participate – in the 15 km run, in the 5 km, and as spectators, providing encouragement and support.

THE ROUTE

The course has been measured using a Clane Jones device. The race is run in accordance with ASA and WPA rules. SA's fastest 15 km women's time in 2004.

GENERAL INFORMATION

Entry fee: R35 for licensed athletes	15 km Road Race starts 06:15
R50 for unlicensed athletes	5 km Family Fun Run starts 06:45
5 km Family Fun Run: R15	In accordance with ASA and WPA rules

PRE-ENTRY

You can pre-enter for both the 15 km and 5 km races at The Constantia Village on Thursday, 11 and Friday, 12 March between 1 pm and 6 pm.

At this time you will also have an opportunity to visit the pre-race exhibition hosted by The Constantia Village.

Entry on the day will take place at The Constantia Village from 05:00.

Starting time: 06:15. Starting time for Fun Run: 06:45.

ENQUIRIES

Please direct any enquiries to Charlotte on 021 761 8887 between 14:00 and 17:00, Monday to Friday, or visit her at ACSIS VOB Running Club between 17:30 and 18:00 on Tuesday or Thursday.

For more information visit the website at www.vob.co.za. Prize-giving will take place at 08:15. Refreshments will be on sale after the race.

PRIZES

MEN	Open	40-49	50-59	60+	15-19
WOMEN	Open	40-49	50-59	60+	15-19
1st	R1 100	R500	R400	R350	R300
2nd	R850	R350	R300	R250	R200
3rd	R650	R300	R250	R200	R150
4th	R350				
5th	R200				
TEAM PRIZES					
OPEN MEN	4xR300			OPEN WOMEN	4xR300

SPOT PRIZES

Valuable spot prizes can be won in the lucky draw at the prize-giving.

RULES OF THE 15 KM RACE

- Licensed athletes must run in club colours with 2010 licences on the front and back of vest.
- Unlicensed runners must wear a temporary licence number on the front and back of their vests; these will be included in their race packages.
- All entrants must be 15 or older on the day of the race.
- Entry card must be in the athlete's possession during the race.
- Age category tags must be worn (40, 50, 60 etc) front and back if runners wish to be eligible for age category prizes. Temporary licensed runners are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
- No personal seconding will be permitted.
- Refreshment tables will be provided at regular intervals in accordance with the rules of ASA & WPA.
- Cut-off time for the race is 120 minutes.
- Club colours must be worn to qualify for team prizes.
- In addition to overall (open) prizes, participants will only be eligible for an age category prize in the age category they enter. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Juniors born 1991 or later wearing a junior or senior number must display category tags "J" to qualify for age group prizes. Juniors will count towards open team prizes.
- Tog bag facilities at owner's risk.