

**ENTRY FORM FOR 21 KM**

Surname: \_\_\_\_\_ First name: \_\_\_\_\_

Postal address: \_\_\_\_\_  
\_\_\_\_\_

Postal code: \_\_\_\_\_ E-mail: \_\_\_\_\_

Tel (h): \_\_\_\_\_ Tel (w): \_\_\_\_\_

Licence no: \_\_\_\_\_

Name of club: \_\_\_\_\_ Age (on race day): \_\_\_\_\_

Date of birth: \_\_\_\_\_ ID no: \_\_\_\_\_

Emergency contact details: \_\_\_\_\_

## Category:

Sex: Male  Female 16 - 19  20 - 39 40 - 49  50 - 59  60 - 69  70+ 

## PRE-ENTRY REGISTRATION:

At which Sportsmans Warehouse branch will you be registering?

Tokai  Rondebosch or Constantia Village on the day **ALL PRE-ENTRIES CLOSE ON 15th OCTOBER 2010**

5 km Family Fun Run - enter on the day

## INDEMNITY

I declare that I am an amateur and that I shall participate in this race at my own risk and indemnify the organisers and sponsors of this race against any claims which result from my participation.

Signature \_\_\_\_\_ Guardian (if under 18 yrs) \_\_\_\_\_

**Entry fees**Club members  R45Non-club members  R70  
(includes temporary licence)5 km Family Fun Run  R15  
(Enter on the day)Grape Run New Balance  
moisture-management T-shirt  R140 Male  Female  
Size   (women's cut)

S

M

L

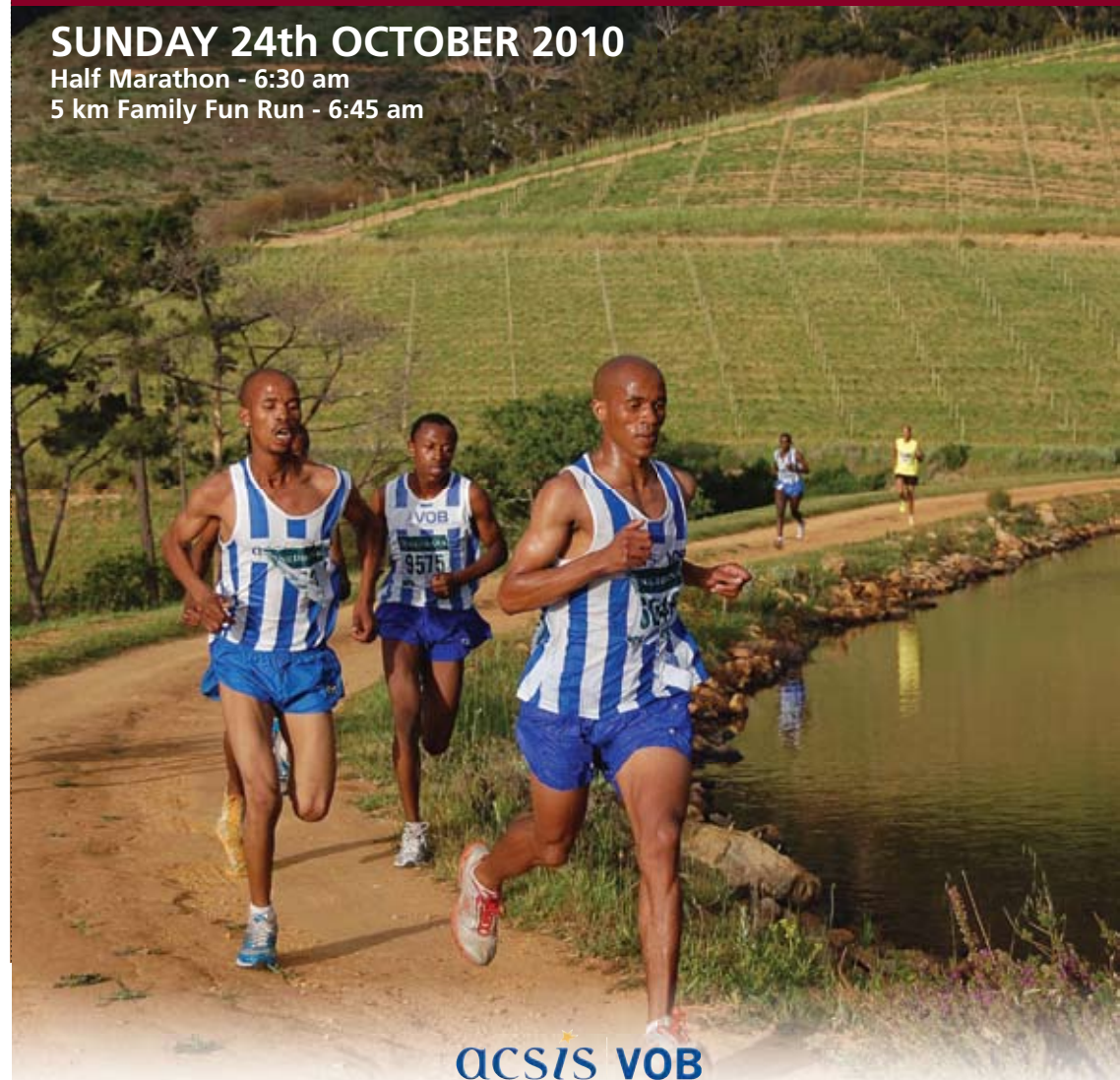
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Total fee \_\_\_\_\_

**CONSTANTIA VALLEY  
GRAPE RUN***Half Marathon & 5 km Family Fun Run***SUNDAY 24th OCTOBER 2010**

Half Marathon - 6:30 am

5 km Family Fun Run - 6:45 am

**ACSIS VOB**

1685

**CONSTANTIA VALLEY***Cape Town's Vineyard***ACSIS VOB  
Running Club**in association with Groot Constantia Running Club  
ASA & WPA rules apply

new balance



## THE ROUTE

The race – sponsored by the Constantia Valley vineyards and Sportsmans Warehouse – is run over a very challenging but arguably the most beautiful route in the Western Cape. The course leads through the historic wine farms of Groot Constantia, Klein Constantia and Buitenverwachting as well as the Tokai Plantation and hence is uneven underfoot in certain areas. The course has been measured and certified using a Clane Jones Device. Regrettably this race is not suitable for wheelchairs or social walkers.

## GENERAL INFORMATION

- START: 06h30, Acsis VOB Running Club, Main Road, Constantia
- PRIZE-GIVING: 09h15 at the Acsis VOB Running Club
- CUT-OFF TIME: 3 hours 30 minutes
- **The number of entrants is limited to 1500**
- Medals will be awarded to all finishers. 1 to 10 - Gold, 11 to 100 - Silver, remainder - Bronze. Generous spot prizes, including New Balance products and Constantia Valley wines, will be awarded after the race.
- The race will be run in accordance with the rules of ASA & WPA.
- Tog bag security will be available. Please ensure that your bag is clearly labelled.
- Special permission has been granted to run over the wine farms. Runners are NOT permitted to run on these farms at any other time.
- All sachets and litter must be put in the bins on the route or carried by the runners. No discarded sachets or litter are allowed on the route whatsoever.
- Runners seen littering will be disqualified.
- **Family Fun Run: Enter on the day.**

## PRE-ENTRY FOR THE 21 KM RACE ONLY

- Pre-entry only. No late or race-day entries will be allowed.
- **Pre-entry closes on the 15th October 2010 or when limited numbers are reached.**
- **Postal entries must be received by 8th October 2010.**
- **Orders for T-shirts must reach us by 7<sup>th</sup> October 2010.**
- Pre-enter online at [www.enteronline.co.za](http://www.enteronline.co.za) or by post to: ACSIS/VOB Constantia Valley Grape Run, PO Box 55, Plumstead 7801. Crossed cheques to be made payable to Acsis VOB Running Club, or by direct transfer: Bank: FNB, Branch: Mowbray, 200309. Acc no. 62012229896. Fax confirmation of payment and entry form to 0865 747 170. Bring confirmation of payment to registration.



ALL ENTRIES MUST BE RECEIVED BY 15th OCTOBER 2010

- Compulsory registration: It is recommended that you register at Sportsmans Warehouse Tokai or Rondebosch from 08h30 to 17h00 on Saturday 23rd October. However there is limited registration for runners at Constantia Village Shopping Mall after 05h00 on the day of the race.
- PLEASE INDICATE ON THE **ENTRY FORM** WHERE YOU WISH TO REGISTER.

## ENQUIRIES

- Enquiries to Charlotte at tel 021 761 8887 or 083 556 7972; or email [vobsec@mweb.co.za](mailto:vobsec@mweb.co.za)
- Visit the website: [www.vob.co.za](http://www.vob.co.za)

## RULES FOR THE 21,1 KM RACE

- Licensed athletes must run in club colours with 2010 licences on the front and back of their vests.
- Unlicensed runners must wear a temporary licence number on the front of their vests. These will be included in their race packages. Unlicensed runners must run in plain coloured clothing without advertising.
- All entrants must be 16 years or older on the day of the race in order to enter.
- Entry cards must be in the athletes' possession during the race.
- Age category tags (eg. 40, 50, 60, etc.) must be worn 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, except at official refreshment stations.
- Refreshment tables will be provided at regular intervals in accordance with the rules of ASA & WPA.
- 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 will count towards Open team prizes.

## PRIZES

Men & Women	OPEN	40-49	50-59	60 - 69	70+
1st	R1350	R550	R500	R500	R300
2nd	R800	R450	R400	R400	R200
3rd	R650	R400	R350	R350	R100
4th	R500				
5th	R400				

## TEAM PRIZES

Open Men: 4 x R450

Open Women: 4 x R450