

ENTRY FORM FOR 21 KM ONLY

Surname: _____ First name: _____
 E-mail: _____
 Licence no: _____ Contact tel 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 Canal Walk
 or Constantia Village on the day

ALL PRE-ENTRIES CLOSE ON 15th OCTOBER 2011

5 km Family Mini Marathon - 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 years) _____

Entry fees

Club members R45
 Non-club members R70
(includes temporary licence)

Grape Run New Balance moisture-management T-shirt R160

Male Female
 Size S M L XL
(women's cut)

Total fee _____

**No pre-entry for Mini Marathon
 (Enter on the day or at registration)**

You may enter with a cash payment at Sportsmans Warehouse Tokai, Rondebosch or Canal Walk. Or pre-enter online at www.enteronline.co.za or by post to: Acsis VOB CVGR, PO Box 55, Plumstead, 7801. Crossed cheques to be made payable to Acsis VOB Running Club, or by direct transfer. Banking details: FNB Bank Code 250655, Account Number 6232 3286 501, Account name: Varsity Old Boys Running Club t/a acsis VOB. No cash payments. Fax confirmation of payment to 0865747170 or e-mail to acsisvobrace@mweb.co.za. Reference for payment is CVGR and your name and initials. Bring confirmation of payment to registration.

GRAPE RUN

Half Marathon & 4,2 km Family Mini Marathon

SUNDAY 23rd OCTOBER 2011

Half Marathon - 6:30 am
4,2 km Family Mini Marathon - 6:45 am

RUN AMONGST THE GREATS



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, Buitenverwachting and Constantia Uitsig 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: 09h30 at the Acsis VOB Running Club
- CUT-OFF TIME: 3 hours 30 minutes
- **The number of entrants is limited to 2000**
- 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 any litter whatsoever will be allowed on the route.
- Runners seen littering will be disqualified.
- **Family Mini Marathon: No pre-entry, enter on the day or at registration.**

PRE-ENTRY FOR THE 21 KM RACE ONLY

- Pre-entry only. No late or race-day entries will be allowed.
- Pre-enter at Sportsmans Warehouse or online (at www.enteronline.co.za) or by post.
- **Pre-entry closes on the 15th October 2011 or when limited numbers are reached.**
- **Postal entries must be received by 7th October 2011.**
- **Orders for T-shirts must reach us by 7th October 2011 and must be collected at registration. T-shirts not collected will be sold.**



ALL ENTRIES MUST BE RECEIVED BY 15th OCTOBER 2011

- Compulsory registration: It is recommended that you register at Sportsmans Warehouse Tokai or Rondebosch from 08h30 to 17h00 on Saturday 22nd 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
- Visit the website: www.vob.co.za

RULES FOR THE 21,1 KM RACE

- Licensed athletes must run in club colours with 2011 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.
- Club colours must be worn to qualify for 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