

Surname: _____ First name: _____
 E-mail: _____
 Licence No.: _____ Contact Tel No.: _____
 Name of Club: _____ Age (on race day): _____
 Date of Birth: _____ ID No.: _____
 Emergency _____ Emergency _____
 Contact Name: _____ Contact Cellphone: _____

ENTRY FORM FOR 21,1 AND 14KM

Category:

Male Female
 15 – 19 (14km) 16 – 19 (21km)
 20 – 39 40 – 49
 50 – 59 60 – 69
 70+



ENTRY FEES: (includes online entry fee)

21.1km 14km
 Club Members R 60 R 45

Non Club Members R 95 R 70
 (includes temporary licence)

Grape Run moisture-management T-shirt R 140

Male Female

* Size: S M L XL XXL

* Please note: Sizes are small, we recommend purchasing one size up.

Total Fee: _____

No pre-entry for Fun Run
 (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 on-line at www.racetraq.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. Bank Details: FNB Bank Code 250655, Account No. 6232 3286501, Account name: Varsity Old Boys RC.

No cash payments, No postal orders. 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

PRE-ENTRY REGISTRATION:

Which Sportsmans Warehouse branch will you be registering at?

Tokai Rondebosch Canal Walk

Constantia Village on the day

ALL PRE-ENTRIES CLOSE ON 11TH OCTOBER 2013

5 km Family Run – enter on the day.

INDEMNITY

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: _____ Gardian (If under 18 Years): _____



1685
 CONSTANTIA VALLEY
 Cape Town's Vineyard

Constantia
 Grape Run
 2013



Half Marathon, New 14km & 5km Family Fun Run!

OCT 20TH

Half Marathon 6:30am

➔ New 14km Run 6:30am

5km Family Fun Run 6:35am



Run through history and heritage

Supported by the Constantia Property Owners' Association www.constantiaipoa.co.za

THE ROUTE

The race – sponsored by the Constantia Valley vineyards, Sportsmans Warehouse, New Balance and Luna Design – is run over a very challenging but arguably the most beautiful route in the Western Cape. The course leads one through the historic wine farms of Groot Constantia, Klein Constantia, Buitenverwachting and Constantia Uitsig and hence is uneven underfoot in certain areas. **The new 14km route** will follow most of the standard Grape Run route, but it will only include the lower sections of the vineyards, thus cutting out the hillier parts of the race, but still giving participants the opportunity to run in one of the most beautiful areas in Cape town. 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:** 6h30 for the 21.1km & 14km races across from the acsis VOB Running Club, Main Road, Constantia and 6.35 for the Family Fun Run.
- **PRIZE GIVING:** 9h30 at the acsis VOB Running Club.
- **CUT-OFF TIMES:** 2h30 for the 14km race and 3h30 for the 21.1km race.
- **The number of entrants is limited.**
- Medals will be awarded to all finishers. 1 to 10 – Gold, next top 50 men and women – Silver, remainder – Bronze.
- **20 Special Limited Edition medals** – 1 to every 50th runner.
- Lots of spot prizes including a pair of New Balance shoes and Sportsmans Warehouse vouchers.
- Tog bag security will be available for use at runner's own risk. Please ensure that your tog bag is clearly labelled.
- Special permission has been granted to run over the wine farms.
- Runners are NOT permitted to run on these farm 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 whatsoever will be allowed on the route.
- Runners seen littering will be disqualified.
- Family Fun Run: No pre-entries, enter on the day at the club house, entry fee is R20.

ENTRY INFORMATION

- Pre-enter at Sportsmans Warehouse or online (at www.racetraq.co.za) or by post.
- Pre-entry closes on the 11th October 2013 or when limited numbers are reached.
- Postal entries must be received by 4th October 2013.
- Race day entries – from 05h00 at the Constantia Village Shopping Mall.
- Family Fun Run entries – enter on the race day from 05h00 at the Constantia Village Shopping Mall.
- Compulsory registration: It is recommended that you register at Sportsmans Warehouse Tokai, Rondebosch or Canal Walk from 11h00 to 15h00 on Saturday 19th October 2013. However there will be limited registration for runners at the 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 02176188887; or email vobsec@mweb.co.za
- Visit the website: www.acsisvob.co.za

RULES FOR THE 21.1KM AND 14KM RACES

- The race will be run in accordance with the rules of ASA and WPA.
- Licensed athletes should run in club colours and must have the race number on the front and 2013 licences on the back of their vests.
- Unlicensed runners must wear the race number on the front and a temporary licence number on the back 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 for the 21.1km and 15 years old for the 14km race 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. J, 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.
- For safety reasons the use of personal music players during road races is strongly discouraged. Any person using such device in contravention of IAAF Rule 144.2b who fails to obey a reasonable instruction from a race official may be disqualified and shall not be eligible for individual or team prizes.
- No personal seconding will be permitted, except at official refreshment stations.
- Refreshment stations will be provided at regular intervals in accordance with the rules of ASA and 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 colour must be worn to qualify for team prizes.

PRIZES

Men & Women 21.1km race

	1 st	2 nd	3 rd
Junior	No junior prizes		
Open	800	700	600
40-49	500	400	300
50-59	400	300	200
60-69	300	200	100
70+	200		
Open Men 4 x 200			
Open Women 4 x 200			

Men & Women 14km race

1 st	2 nd	3 rd
300	200	100
500	400	300
400	300	200
300	200	100
200	150	100
150		
No team prizes		