

THE CONSTANTIA VALLEY GRAPE RUN 2012

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 one 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.

ENQUIRIES

- Enquiries to Charlotte at Tel 021 761 8887 or email vobsec@mweb.co.za
- Visit the website: www.acsisvob.co.za

RULES FOR THE HALF MARATHON

- The race will be run in accordance with the rules of ASA & WPA.
- Licensed athletes must run in club colours with 2012 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	R 1,350.00	R 550.00	R 500.00	R 500.00	R 300.00
2nd	R 800.00	R 450.00	R 400.00	R 400.00	R 200.00
3rd	R 650.00	R 400.00	R 350.00	R 350.00	R 100.00
4th	R 500.00				
5th	R 400.00				

Open Men: 4 x R450

Open Women: 4 x R450

GENERAL INFORMATION

- START: 06h30, acsis VOB Running Club, Main Road, Constantia for 21.1 km route, and 06h45 for 5km Fun Run
- PRIZE-GIVING: 09h30 at the acsis VOB Running Club
- CUT-OFF TIME: 3 hours 30 minutes
- The number of entrants is limited

- 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.
- Tog bag security will be available for use at runner's own risk. 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 Fun Run: No pre-entry, enter on the day or at registration.