

# IN TOUCH AC

Voet of the Wine Route



# SUNDAY 14 APRIL 2019

## Starting Times:

21.1 km - 06:40

10 km - 07:00

5km - 07:15

## Course Record:

Men: Siviwe Nkombi 31:23 (2016)

Women: Bulelwa Simae 37:34 (2016)

**10th**  
ANNIVERSARY  
**RACE**

## START & FINISH: ZEVENWACHT MALL

VOET OF THE WINE ROUTE 10 KM

**5** KM  
FUN RUN



## ZEVENWACHT MALL 21.1 KM ZEVENRUN

## GOODIE BAGS TO THE FIRST 200 ONLINE ENTRIES!

Online Entries: [www.racetraq.co.za](http://www.racetraq.co.za)

(A 9% service fee is charged when entering online)

Email: [thomas@racetraq.co.za](mailto:thomas@racetraq.co.za)

Online Entries close Wednesday 10 April 2019

RACE ENQUIRIES: Marie Uys 082 897 5416

Email: [mjuys@mweb.co.za](mailto:mjuys@mweb.co.za)

*"You only  
fail  
if you  
quit!"*

*"Running creates  
UNITY &  
EVERLASTING  
friendship!"*

Pre-Entries will be taken at Zevenwacht Mall on:

Saturday 13/ 04 from 10:00 to 14:00

Race Day from 05:15 until 15 minutes before starting times

## LUCKY DRAW: Includes 40" Flat screen TV, Water purifiers, vouchers, 300 goodie bags and many more prizes

ZEVENWACHT  
Mall  
You're welcome



Peninsula  
Beverages



The event is held under the rules and regulations of the IAAF, ASA and Western Province Athletics

# RACE RULES & INFORMATION

1. Minimum age on race day for 21.1 KM is 16 years & for the 10 KM 14 years. For the fun run all children under 10 years must be accompanied by an adult.
2. Participants must obey instructions of Marshalls and traffic officers.
3. Licenced athletes should wear club colours. Full club colours & permanent licences must be worn to qualify for team prizes. Temporary licensed athletes must run in clothing without advertising.
4. Temporary Licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
5. In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
6. Age category tags must be worn (front & back) and visible for the entire race to be eligible for any age category prize, including Juniors.
7. Temporary licensed participants are eligible for individual age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
8. Juniors born 2000 or later must display category tags "J" to qualify for age group prizes.
9. Entry cards must be carried for the duration of the race & handed in at the results board at the Finish. Any participant not able to produce an entry card, when asked to do so by a race official, may be disqualified.
10. No personal seconding will be permitted, except at official refreshment stations.
11. Time limit for the 21.1 KM is 3:30 hours & time limit for the 10 KM is 2 hours.
12. Tog bag facilities will be provided at own risk.
13. The organisers and WPA accept no responsibility for any accident or injury resulting from participation in the event.
14. The use of music players with headphones is not allowed and may result in disqualification.
15. This event is held under the rules and regulations of IAAF, ASA and Western Province Athletics, and is organised by IN TOUCH Athletic Club.
16. Please do not Litter: Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the Finish. Report offenders to the referees. #RunClean.
17. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WP office.
18. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
19. Prize giving will take place at 10:00.
20. One race number (bib) will be issued for the 21 km race only. Registered athletes must wear their ASA licences on the front and the back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back. Race number (bibs) will not be issued for the 10 km. All registered athletes participating in the 10 km race must wear two valid licence numbers. Unregistered participants must purchase a Temporary Licence, which must be worn on the front of their vest.
21. Medals to first 1500 in 21.1km, first 1250 in the 10km and first 500 in the 5km fun run.
22. Online Entries can be collected on Saturday at Zevenwacht Mall from 10:00 to 14:00 or Race day from 05:15 until 15 minutes before starting times.

## Entry Fees and Prize Monies

	10km			21km			EVENT	FEE
	1st	2nd	3rd	1st	2nd	3rd		
OPEN	R800	R600	R400	R1000	R700	R500	21.1 Km Run/Walk Licensed	R100
40 - 49 YRS	R400	R300	R200	R600	R400	R250	21.1 Km Run/Walk Unlicensed	R160
50 - 59 YRS	R400	R300	R200	R600	R400	R250	21.1 Km & 10km Run/Walk 70+ Licensed	FREE
60 - 69 YRS	R350	R250	R200	R500	R350	R250	21.1 Km Run/Walk 70+ Unlicensed	R60
70 YRS +	R300	R200	R100	R350	R250	R150	10 Km Run/Walk Licensed	R60
JUNIOR	R400	R300	R200				10 Km Run/Walk Unlicensed	R100
OPEN TEAMS	R150 X 4			R200 X 4			10 Km Run/Walk Licensed Junior	R50
BREAKING THE 10KM RECORD	R500						10 Km Run/Walk Unlicensed Junior	R75
							10 Km Run/Walk 70+ Unlicensed	R40
							5 km FUN RUN	R30

ZEVENWACHT  
Mall  
You're welcome

Coca-Cola Peninsula Beverages



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