

VOET OF THE WINE ROUTE

ZEVENWACHT
Mall
organised by

LUCKY DRAW

MAIN PRIZE 42" TV
500 GOODIE BAGS
AND MANY MORE
PRIZES



21.1 km • 10 km • 5 km Fun Run & Walk

SUNDAY, 02 OCTOBER 2022

21.1 KM @ 06H30
Cut off 10H00

10 KM @ 06H45
Cut off 08H45

5 KM @ 08H00
Cut off 09H15

Start & Finish @ Zevenwacht Mall

Enter via Entry Ninja

<https://www.entryninja.com/events>

Closing date for online entries: Monday, 26 September 2022 @ Noon

PLEASE NOTE: A 6% or R6.00 service fee applies for all online entries

This is a plastic free event, we encourage you to carry your own water bottle
Refreshment stations will be available every 5 km (no water sachets)

ENTRY FEES

21.1 Km Run/Walk Licensed	R120
21.1 Km Run/Walk Unlicensed	R180
21.1 Km & 10Km Run/Walk 70+ Licensed	FREE
21.1 Km Run/Walk 70+ Unlicensed	R60
10 Km Run/Walk Licensed	R80
10 Km Run/Walk Unlicensed	R120
10 Km Run/Walk Licensed Junior	R50
10 Km Run/Walk Unlicensed Junior	R75
10Km Run/Walk 70+ Unlicensed	R40
5 Km Fun Run/Walk	R50

REGISTRATION & PRE-ENTRIES AT ZEVENWACHT MALL

Friday, 30-09-2022	14h00 - 18h00
Saturday 01-10-2022	10h00 - 14h00
Race Day 02-10-2022	From 05h15

RACE ENQUIRIES

Briggett Smit 082 856 3022
Jacqui Bougardt 083 487 7219
intouchathleticclub@gmail.com



RACE RULES & INFORMATION

1. Minimum age on race day for 21.1KM is 16 years & for the 10KM, 14 years. For the fun run all children under 10 years must be accompanied by an adult.
2. Participants must obey instructions of Marshals and traffic officers.
3. Licensed athletes should wear club colours. Full club colours & permanent licenses must be worn to qualify for team prizes. Temporary licensed athletes must run in clothing without advertising.
4. Temporary License holders when registering must complete and hand in the tear off strip from the temporary license 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 2003 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.
12. Tog bag facilities will be provided at own risk.
13. The organizers, ASA 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 ASA and Western Province Athletics, and is organized by IN TOUCH Athletic Club.
16. Please do not Litter: Dispose of 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 or on request from the organizers or the WP office.
18. Wheelchair athletes must please contact the organizers timeously to discuss arrangements for their participation.
19. Prize giving: 09h15 prize giving for 10km winners. 09h30 lucky draw for 5km participants. 10h00 prize giving for 21km participants as well as lucky draw for 10km & 21km participants.
20. Race numbers (bib) will be issued for the 10 km & 21 km race only. Registered athletes must wear their ASA licenses 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 license, so that the ASA license sponsor remains visible. Temporary licensed runners must wear the race number on the front of their vest and the temporary license on the back.
21. All finishers will receive a medal.

Prize Monies

	1 0 K M			2 1 K M		
	1st	2nd	3rd	1st	2nd	3rd
OPEN	R900	R700	R500	R1100	R800	R600
40 - 49YEARS	R400	R300	R200	R600	R400	R300
50 - 59 YEARS	R300	R250	R200	R500	R350	R250
60 - 69 YEARS	R300	R250	R200	R500	R350	R250
70 YEARS+	R300	R250	R200	R500	R350	R250
JUNIOR	R400	R300	R200			
OPEN TEAMS	R150 X 4			R200 X 4		

