

VOET OF THE WINE ROUTE

SUNDAY

19 NOVEMBER 2023

WPA COCA-COLA LEAGUE RACE



21.1km

10km

ONLINE CLOSING DATE: Sunday 12 November 2023 @ 12h00am

PLEASE NOTE: A service fee is applicable to all online entries.

21.1 km @ 06h00
Cut off 09h30

10 km @ 06h30
Cut off 08h30

5 km @ 07h30
Cut off 08h45

● START and FINISH @ Zevenwacht Mall ● Enter via Entry Ninja

EVENT	Entry Fee
21.1 KM Run/Walk Licensed	R140
21.1 Km Run/Walk Unlicensed	R210
21.1 Km Run/Walk 70+ Licensed	R70
21.1 Km Run/Walk 70+ Unlicensed	R140
10 Km Run/Walk Licensed	R90
10 Km Run/Walk Unlicensed	R135
10 Km Run/Walk Licensed Junior	R55
10 Km Run/Walk Unlicensed Junior	R80
10 Km Run/Walk 70+ Licensed	R45
10 Km Run/Walk 70+ Unlicensed	R90
5 Km Fun Run	R50 (Senior) R30 (Minor)

- MEDALS TO ALL FINISHERS
- LUCKY DRAW
- MAIN PRIZE 42" TV
- GOODIE BAGS TO FIRST 500 ENTRANTS
- MANY SPOT PRIZES!



This is a plastic free event (no water sachets).

- We encourage you to carry your own water bottle.
- Refreshment stations will be available every 4km on the 21.1 and 10 km routes and one on the 5 km route.

VOET OF THE WINE ROUTE

21.1km 10 km 5 km Fun Run/Walk



REGISTRATION & PRE-ENTRIES AT ZEVENWACHT MALL

FRIDAY
SATURDAY
RACE DAY

17-11-2023
18-11-2023
19-11-2023

14H00-18H00
10H00-14H00
From 05h00

RACE ENQUIRIES

- BRIGGETT SMIT 082 856 3022
- JACQUI BOUGARDT 083 487 7219



RACE RULES & INFORMATION

- Minimum age on race day for 21.1km participants is 16 years and for 10km, 14 years. For the fun run all children under the age of 10 years must be accompanied by an adult.
- Participants must obey instructions of Marshals and traffic officers.
- Licensed athletes should wear club colours. Full club colours and permanent licences must be worn to qualify for team prizes. Temporary licensed athletes must run in clothing without advertising.
- Temporary License holders when registering must complete and hand in the tear off strip from temporary licence number in order to be eligible to compete.
- 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.
- Age category tags must be worn (front & back) and visible for the entire race to be eligible for any age category prize, including Juniors.
- 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.
- Juniors born in 2004 or later must display category tags "J" to qualify for age group prizes.
- 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.
- No personal seconding will be permitted, except at official refreshment stations.
- Tog bag facilities provided at runner's own risk. **PLEASE DO NOT LEAVE VALUABLES IN YOUR TOGBAG OR IN YOUR MOTOR VEHICLE.**
- The organising club, all sponsors as well as WPA and ASA accept no responsibility for any injury, loss or accident resulting in participation of the race and participants in the event do so at their own risk and release and discharge the organisers, sponsors, provincial and national bodies and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event. This includes vehicles. **PLEASE DON'T LEAVE ANY VALUABLES IN YOUR CAR.**
- The use of music players with headphones is not allowed and may result in disqualification.
- This event is held under the rules and regulations of Athletics South Africa (ASA) and Western Province Athletics (WPA) and is organized by the IN TOUCH Athletic Club.
- Please do not litter. Dispose of cups responsibly by using the boxes provided or carrying it to the Finish. Report offenders to the referees. #RunClean.
- Detailed rules are available on www.wpa.org.za or on request from the WPA office.
- Wheelchair athletes cannot be accommodated on the 10 and 21.1 km routes.
- Prize giving for the 10km will start at about 09h00 followed by the 21.1km prize giving and then the lucky draw. You must be present to be eligible for a lucky draw prize.
- Race numbers (bib) will be issued for the 10km and 21.1km 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 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.
- All finishers will receive a medal.
- If the race has to be cancelled, the entry fee is not refundable.
- Race results will be available at www.wpa.org.za

PRIZE MONIES	10KM			21KM		
	1st	2nd	3rd	1st	2nd	3rd
Open	R1 000	R700	R500	R1 300	R1000	R800
40 - 49 YEARS	R400	R300	R200	R600	R400	R300
50 - 59 YEARS	R400	R300	R200	R600	R400	R300
60 - 69 YEARS	R400	R300	R200	R600	R400	R300
70 YEARS +	R400	R300	R200	R600	R400	R300
JUNIOR	R400	R300	R200			
OPEN TEAMS	R150 x 4			R200 x 4		