

# Sanlam and CANSA

27 year partnership to help beat cancer.



We know that life is busy, especially when you're prepping for a race. But with Sanlam Now Cover, you can get value-for-money Life and Disability cover.

In between reading your emails is all the time you need to get the peace of mind of knowing that your family and livelihood is properly protected no matter what.



Available to all runners, are free mobile sunscreen dispensers strategically placed at the start and finish of your race.

In addition, there will be a free cancer testing service at the race, with a Fotofinder Dermoscope screening specifically for skin cancer.

For more information on how to get involved or what to do to prevent cancer, visit [www.cansa.org.za](http://www.cansa.org.za)

For more information about the Sanlam Cancer Benefit, visit : [www.sanlam.co.za/cancer/](http://www.sanlam.co.za/cancer/)

Donate directly by visiting : [GivenGain.com/cancercrew](http://GivenGain.com/cancercrew)??

**Become part of this movement. Come join us and run to help beat cancer.**

## 1 out of 4 people

are affected by Cancer. It is everyone's fight, so get club members, friends, families and communities involved **because together, we can make a real difference.**

## Thank you.

R 10.00 of every entry fee will go to support CANSA using the funds to create awareness off cancer and educate the general public on what to do to lower your risk to get cancer.



# Sanlam Niel Joubert Plaaswedloop 2019

Klein Simonsvlei farm , R45, Simondium

Wednesday, 27 November 2019

Starting time: 18:15

Distance: 12.3km

Enter on race day at the venue from 16:15

Organised by the Sanlam Road Running Club and held under the auspices of ASA & WPA



## Enter on the day

Senior licenced athletes: R70 • Senior unlicensed athletes: R110

Junior licenced athletes: R50 • Junior unlicensed athletes: R75

- A running experience equal to none. 'n "Plaasparty" soos net die Bolanders kan
- DJ will provide music / Food and drinks for sale
- Beer garden / Niel Joubert wines for sale

## Rules

- Licensed athletes **should** run in club colours and **must** display their 2019 license numbers
- Unlicensed runners must purchase a temporary license number which must be worn on the front of their vest
- Entry cards must be carried throughout the race and will be collected at the finish
- **Failure to produce a card could result in disciplinary action**
- **Entry cards together with a position card must be exchanged for a medal and Niel Joubert wine (Juniors excluded) to the first 1000 finishers**
- Temporary licence holders when registering must compete and hand in the tear off strip from the number in order to be eligible to compete.
- **All entrants under 18 years must have the consent of their parents/guardians to participate in this event**
- 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 the vests**
- Participants may enter the age category corresponding to their chronological age or any younger category down to senior
- **Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age**
- Juniors born 2000 or later wearing a junior or senior license must display age tags "J" to qualify for age group prizes
- No race numbers will be issued
- The use of music players with headphones is not allowed and may result in disqualification
- 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. #RUN CLEAN
- Unfortunately no wheel chairs will be allowed on the route. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
- The race is run according to the rules of the IAAF, ASA and WPA.
- All registered athletes must wear 2 valid licence numbers. Unregistered runners must purchase a Temporary Licence that must be worn on the front of their running vest.
- No personal seconding will be permitted except at official refreshment stations.

## Information

- There will be 2 water stations and 1 Coke & water station
- Time limit: 1 hour 45 minutes
- Tog bag facilities will be available at own risk on race day. The organisers will take reasonable care with the bags, but no responsibility whatsoever is accepted for loss or damage
- **Age restriction: 15 years on race day**
- The organisers, sponsors and WPA accept no responsibility for any accident, injury or loss resulting from participation in the race or any other activity on the farm
- **Prize-giving at 20:15**

For more information contact: Robert Keynel 082 474 0399 / Kobus Nel 084 563 5947.

## Cash prizes to men and women in the categories as indicated

Pos	15-19	Open	40-49	50-59	60-69	70+
1	R300	R1 000	R400	R400	R300	R200
2	R250	R800	R300	R300	R250	R150
3	R200	R600	R250	R250	R200	R100

## How to get there from Cape Town

Take the N1 and Exit 47 (Wellington/Klapmuts/Franschhoek). Turn right on the R44, direction Stellenbosch. At the four way robot, continue straight across the railway line, turn left on the R45 (Franschhoek/Simondium). The entrance to the farm Klein Simonsvlei (Home of Niel Joubert Wines) - the race venue - is after 4,5km on your right.

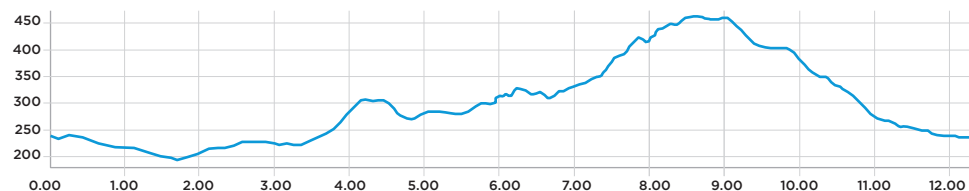
## How to get there from Stellenbosch

Take the R44 from Stellenbosch to Paarl. Turn right at the R45 (Franschhoek/Simondium). The entrance to the farm Klein Simonsvlei (Home of Niel Joubert Wines) - the race venue - is after 4,5km on your right.

## SPECIAL NOTE:

Only one access road to the farm which will be closed at 18:00 - The time limit is strictly 1 hour and 45 minutes - The time limit cannot be extended due to a lack of daylight and the profile of the route - **It is a gravel road.**

## Route elevation



## Lucky draw prizes sponsored by: Niel Joubert Wines

Find us on Facebook <https://www.facebook.com/nieljoubertwines.co.za>



The Pebbles Project aims to enrich the lives of children from disadvantaged backgrounds with special educational needs. In particular, those whose lives are affected by alcohol, through providing support and training to local wine farm and township crèches and establishing after-school provision for older children living in the Winelands. Pebbles is currently impacting on the lives of over 780 children. Their work supports children, teenagers, parents and wider communities in the Somerset West, Stellenbosch, Wellington and Paarl areas of the Western Cape. For more information on how to get involved please visit [www.pebblesproject.co.za](http://www.pebblesproject.co.za) or contact Mari Joubert 072 384 9701.

## Co-sponsors

