



Tru-Cape 10 th Packhouse Challenge

24 August 2019

CONSECUTIVE RACES

do them all !

Walkers welcome!

Race Details:

21.1 KM - 07:30 - R90 temp license R40

10km Trail Run - 10:00 - R80

5km Fun Run - 11:30 - R40



PRIZE MONEY *Men and Ladies*

21.1 km

OPEN
VETERANS (40+)
MASTERS (50+)
G-MASTERS (60+)
JUNIORS

1st

R350
R150
R150
R150
R120

2nd

R300
R 120
R 120
R 120
R 90

3rd

R250
R 100
R 100
R 100
R 60

TEAM

4 x R100

10 km

R 250

R 200

R 150

Fun Run (Men & Ladies)

R 100

Medals:

Gold: 1st Man and Woman, 21.1 km/ 10km Trail Run/ 5km Fun Run

Silver: 2nd Man and Woman, 21.1km/ 10km Trail Run/ 5km Fun Run

Bronze: Next, 296 21.1km, 646 10km Trail Run, & 2546 5km Fun Run athletes.

New Venue

Grabouw Country Club
26 Worcester St, Grabouw

Route Description

The return to the Grabouw country club means a return to the much loved trails around the Eikenhof dam and surrounding mountains.

Apples & Pears
Tru-Cape™
SOUTH AFRICA

Enter the Packhouse Challenge Today!

Online Entries close on Tuesday 20 August 2019 @ 12pm. www.bouttime.co.za

Registration and late entries from 6am on race day.

Race Enquiries: Petra Van Rensburg (Elgin Grabouw Athletics Club) 082 776 8811 Email: petra@tad.co.za

Accommodation contact Elgin Valley Tourism Bureau 071 267 9785



www.Tru-Cape.co.za





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Race Rules

1. Race is under the auspices of the Elgin Athletic Club and run according to the rules of Boland Athletics and Athletics South Africa. Instructions of race officials must be complied with. Non-compliance may lead to disqualification.
2. Participants must be 16 years and older for the half marathon, and 12 years or older for the 10km trail run on race day. No age limit on participants of 5km.
3. All minors (under the age of 16) must be accompanied by a guardian and or adult at event.
4. 21.1 km athletes must wear a 2019 temporary licence on the back of the vest, with race number on the front.
5. In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Athletes competing for a category prize must wear age category tags (on the front and back).
6. Proof of age is required for category prizes.
7. All athletes will have to wear race number provided.
8. No personal seconding will be permitted.
9. The race organisers reserve the right to accept or reject any entry.
10. Foreign athletes must comply with IAAF Rule 4.2 and all relevant race and domestic rules. The athlete must be able to produce the letter from his/her federation permitting participation on race day.
11. The Entry Fee is non-refundable.
12. Runners will participate in this race at their own risk and agree to abide by the rules of the race.
13. Packhouse Challenge only is won by the team that cumulatively completes the most kilometres, i.e:
 - 10 athletes finishing the 21km = 210km
 - 5 athletes finishing the 10km = 50km
 - 20 athletes finishing the 5km = 100km
 - Total would be 360km (210km + 50km + 100km)
14. Only athletes directly associated to a company can be part of the Packhouse Challenge (i.e employed by company, spouses, children, or associated farmers and their direct families).
15. To qualify for the king of the mountain medal all 3 races needs to be completed before 12:00.

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