



# BAIC

## PAARLBERG CHALLENGE

Half Marathon | 10km | 5km

Most beautiful race in the Boland and  
Second Oldest Race in South Africa

### SATURDAY 5 OCTOBER 2019



#paarlbergchallenge

### LUCKY DRAW!

★★ GRAND PRIZE: ★★

### BAIC D20!

Ts&C's apply

LUCKY DRAWS  
include  
5 HUAWEI  
CELLPHONES



3D  
MEDALS  
TO ALL  
FINISHERS!

★★★★★★



### ONLINE ENTRIES:

[www.webtickets.co.za](http://www.webtickets.co.za)

**ENTRIES CLOSE: 29 September 2019**

### START & FINISH (Le Bac Estate-Paarl)

Half Marathon - 7:00am

10km Run - 7:15am / 10km Walk - 7:15am

5km Run - 7:30am

### ENTRY FEES

Half Marathon - R110 (Licenced) R150 (Unlicensed)

10km Run/Walk - R80 (Licenced) R120 (Unlicensed)

5km Fun Run - R50

Registration and late entries on race morning from 5:30am-7:15am  
(Le Bac Estate-Paarl)



Organised by  
**itheko**  
SPORTS MANAGEMENT



VEENWOUDEN  
Paarlberg  
Marathon



FNB



Paarl



Paarl



# BAIC

For further information: [www.paarlbergchallenge.com](http://www.paarlbergchallenge.com) / Email: [info@paarlbergchallenge.com](mailto:info@paarlbergchallenge.com)  
Office: Mon-Fri 10am-4pm - 021 633 0507 / Event Communications: 082 066 3353

PAARL SPRING WINE FESTIVAL AT LE BAC ESTATE - PAARL ON 5TH OCTOBER 6AM-7PM  
ORGANISED BY LETS PLAN - FRANCIS NIEWOUDT - 0844048995 [www.lets-plan.co.za](http://www.lets-plan.co.za)/[www.paarlonline.com](http://www.paarlonline.com)

## RACE RULES

- Minimum age for competitors: **Half Marathon: 16 years or older on race day / 10km 14 years or older on race day.**  
All registered athletes should wear their club colours.
- Temporary licenced athletes must run in clothing without advertising.
- Registered athletes must wear their 2019 ASA licences on the front and back of their vest. Temporary licenced runners must wear temporary licence on the front.
- All athletes not belonging to a running club and who do not own a Boland Athletics licence, must purchase a temporary licence, pay the race entry fee for an unlicensed athlete, must complete and hand in the tear off strip from the 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 displayed/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.
- Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group and wear the appropriate tags. Proof of age may be requested.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- All marshals and traffic officials must be obeyed. Failure to comply may lead to disqualification. The Boland Technical Officials must be obeyed at all times.
- No personal seconding will be permitted except at official refreshment stations.  
Time limit for the **Half Marathon** is 3:30 hrs & **10km** is 2hrs
- The use of music players with headphones are not allowed and may result in disqualification.**
- Detailed rules are available on [www.bolandathletics.com](http://www.bolandathletics.com) or on request from the organisers or the Boland office.**
- Paarl Athletic Club supports the Boland anti-litter campaign and no littering during the race will be tolerated.  
(No littering allowed 200m beyond refreshment point which will be indicated by the anti-litter campaign board). All litter to be carried to the finish.
- Your co-operation in achieving this goal will be sincerely appreciated.  
**“Think Twice! Take the Step! Don’t Litter!”**
- Paarl Athletic Club supports recycling and the carrying of litter to the finish. as the objective of our race is to ensure that we recycle at least 75% of the litter produced on the route as well as at the finish.

## RACE INFORMATION

- Ample parking around Le Bac Estate. Please arrive early.
- Owners must lock their vehicles and ensure that no items are left on the seats.
- Tog bag facilities will be provided at users own risk. Cell phones, money and personal jewelry not to be left in tog bags.  
A special bag card will be issued. **No bag card, no bag.**
- Coca-Cola and water will be supplied at regular intervals on the route.
- Refreshments will be on sale at the finish.
- Lucky draw / spot prizes up for grabs for all races. Winners must be present at prize-giving to claim prizes.
- Entrants participate at their own risk and BAIC Paarlberg Challenge, Paarl Athletic Club, Drakenstein Municipality, Paarl/Wellington Tourism, Boland Athletics, ASA and all sponsors and partners will not accept any liability for any injuries, illness or accidents occurring during or as a result of the race.**

## PRIZE MONEY

### HALF MARATHON

Open Men/Women	40-49 Men/Women	50-59 Men/Women	60-69 Men/Women	70+ Men/Women
1. R5000	1. R1500	1. R1500	1. R1500	1. R1500
2. R2500	2. R1000	2. R1000	2. R1000	2. R1000
3. R1500	3. R750	3. R750	3. R750	3. R750

\*Team Prize (calculated on total combined times) - Senior men R500x4 / Senior women R500x4

\*King & Queen of the mountain prize. First senior man & woman to reach to the top of the mountain (peak) and finishes the race within cut-off will each receive R1000

### 10KM RUN

Open Men/Women	16-19 Men/Women	40-49 Men/Women	50-59 Men/Women	60-69 Men/Women	70+ Men/Women
1. R2000	1. R1000	1. R1000	1. R1000	1. R1000	1. R1000
2. R1500	2. R750	2. R750	2. R750	2. R750	2. R750
3. R1000	3. R500	3. R500	3. R500	3. R500	3. R500

\*Team Prize (calculated on total combined times) - Senior men R250x4 / Senior women R250x4