***Helderberg Harriers and BlueBoost present the***



***39th Winelands Marathon &***

***20th Half Marathon***

**Saturday 12 November 2016**

**Eikestad Primary School, Stellenbosch**

***Extended cut-off for***

***Marathon***

***6 hours***

**Hosted by Helderberg Harriers in accordance with the rules of ASA & WPA**

**ENTRY INFORMATION**

* **Online entries can be done at www.topevents.co.za.**
* **Online entries close at midnight on Thursday 3 November 2016.**
* **In-Store entries can be done at Sportmans Warehouse Somerset West, Tygervalley and Rondebosch**.
* **In-Store entries close on Thursday 3 November 2016.**
* **NO LATE ENTRIES WILL BE ACCEPTED**. Entry fees are not refundable unless the entry is rejected by the organisers.
* **No postal, or telephonic entries** **will be accepted**.

**ENTRY FEES**

* Marathon (club members) R120 +R 16.80 (14% online administration fee) **= R 136.80**
* Marathon (non- club members) R165 + R 23.10 (14% online administration fee) = **R 188.10**
* Half Marathon (club members) R70 + R9.80 (14%onlineadministrationfee) = **R 79.80**
* Half Marathon (non- club members) R110 + R15.40 (14% online administration fee) = **R 125.40**
* Disposable timing chip Compulsory for all entrants **R 15.00**
* Moisture management T-Shirt **R190** (optional)
* Donation to the race beneficiary (see below) Optional

**RULES**

* Entrants for the marathon must be 20 years or older and for the half marathon 16 years or older on race day, Saturday 12 November 2016.
* **No changing from the marathon to the half marathon or vice versa will be allowed.**
* Licensed athletes should run in club colours. All competitors must display their 2016 provincial licence number on the back of the vest and the official race number on the front.
* No personal seconding or bicycles will be allowed on the route.
* The **time limit** will be 6 hours for the marathon and 3½ hours for the half marathon.
* **Social walkers are welcome to enter the half marathon.**
* 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 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 in 1997 or later) wearing a junior or senior licence, must display age tags to qualify for age group prizes.
* Club colours must be worn to qualify for team prizes.
* For safety reasons the use of personal music players with headphones is not allowed. Use of such a device in contravention of IAAF Rule 144.3(b), may result in disqualification.
* Temporary licence holders registering must complete and hand in the tear off strip from the number in order to be covered by the ASA accident insurance.
* This is a #RunClean event ! 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.
* Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.

**INFORMATION**

* The marathon will start at 05:30 sharp and the half marathon at 05:50 sharp at the **Eikestad Primary School**.
* **All runners must register.** Runners will have to produce their confirmation of entry in order to receive their race numbers. Registration will take place on Friday, 11 November, 15:00-19:00 and Saturday, 12 November, from 04:30 at **Eikestad Primary School**, Stellenbosch and Friday, 11 November, 09:00-18:00 at Sportsmans Warehouse Somerset West, Tygervalley and Rondebosch. Runners must select one of the venues when entering for the race.
* Entrants who have completed 9 marathons or half marathons and qualify for permanents numbers must please indicate as such on their entry forms.
* Prizegiving for the half marathon will take place at the **Eikestad Primary School** at 09:30.
* Prizegiving for the marathon will take place at the **Eikestad Primary School** at 11.30.
* Results will be available at [www.topevents.co.za](http://www.topevents.co.za)
* For all race enquiries contact Top Events at [entries@topevents.co.za](mailto:entries@topevents.co.za) or tel. 021 511 7130.
* For accommodation contact Stellenbosch 360 (Stellenbosch Tourism) at 021 883-3584.

**SPECIAL AGREEMENT**

The entrant agrees not to hold the Winelands Organising Committee, Helderberg Harriers, WPA, any sponsor, or any person assisting in the organisation or holding of the race liable for any injury or illness or loss of property which he/she may suffer directly or indirectly as a result of participating in the race. The entrant also confirms that he/she will abide by the rules of the event and that this Special Agreement is entered into for the benefit of the Winelands Organising Committee, Helderberg Harriers, WPA, the sponsors and the persons assisting in the organisation and holding of the race.

**T-SHIRT**

Remember to order your high quality **moisture management T-Shirt** at only R190 each when you enter.

**ROUTE DESCRIPTION**

**MARATHON**:

Begin with a loop through historic Stellenbosch and leave the town with the R310 past Spier Estate and turn left into the Annandale Rd just before the 14km mark, which is the lowest point on the route. The Annandale Rd is an undulating stretch of 5km, to reach the R44. Turn right and follow the R44 to Somerset West where the Steynsrust bridge is used to cross the R44. Coming back along the R44, just past the 32km mark, runners turn right at Louw-se-Bos and join up with the half marathon route, back to the finish. The last 2km is slightly downhill, levelling off before the finish at Eikestad Primary School.

**HALF MARATHON**:

Start at Eikestad Primary School, do a loop through Krigeville and then head out on the R44 towards Somerset West. At about the 11 km mark turn left into Stellenrust Rd. The next 5 km is gravel and mostly uphill. Getting back on the tar at about 16 km there is a short, steep downhill section before the course levels out to a less steep section. This section takes runners back to the R44. From here it is about 2 km to the finish at Eikestad Primary.

**RACE STATUS**



The marathon is a qualifying event for the

2017 Two Oceans and Comrades ultra-marathons.

**MARATHON PRIZES**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Men & women** | **1.** | **2.** | **3.** | **4** | **5** |
| Open | 2500 | 2000 | 1500 | 500 | 250 |
| 40 – 49 | 1250 | 1000 | 750 | 250 |  |
| 50 – 59 | 750 | 600 | 400 |  |  |
| 60 - 69 | 500 | 400 | 300 |  |  |
| 70+ | 300 | 250 |  |  |  |
| Winning open teams, men and women (combined time): 4 x R150 | | | |  |  |

**MARATHON INCENTIVES**

|  |  |  |  |
| --- | --- | --- | --- |
| **Open men** | **Open women** | **40 - 49 men** | **40 - 49 women** |
| Sub-2:21: R500 | Sub-2:45: R500 | Sub-2:32: R500 | Sub-3:04: R500 |
| Sub-2:20: an additional R250 | Sub-2:44: an additional R250 | Race record (2:29:48): an additional R500 | Race record (3:01:21): an additional R500 |
| Race record (2:18:47): an additional R1000 | Race record (2:42:27): an additional R1000 |

**MARATHON AWARDS**

The following awards will be handed out as runners who qualify for these prizes finish the race:

Permanent numbers for a 10th run; Unique "Wingerdstompie” trophies after 15 completed runs and Double laurel permanent numbers after 20 completed runs.

Entrants who have completed 9 Winelands marathons and will qualify for a permanent number, must please indicate as such on the entry form.

The following awards will be awarded at prizegiving:

Permanent numbers for winning one of the categories (open, 40-49, 50-59, 60-69, 70+) for a 3rd time, Unique “Wynvat” trophies after 25 completed runs and Triple laurel permanent numbers after 30 completed runs.

**MARATHON MEDALS**

|  |
| --- |
| **GOLD:** First 3 men  First 3 women  First 3 40-49 men  First 3 40-49 women  First 3 50-59 men  First 3 50-59 women  First 3 60 - 69 men  First 3 60 -69 women  First 2 70+ men  First 2 70+ women  **SILVER:** Positions 4 - 100  **BRONZE:** The rest sub – 6:00 |

**HALF MARATHON PRIZES**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Men & women** | **1.** | **2.** | **3.** | **4** | **5** |
| Open | 1500 | 1000 | 750 | 500 | 250 |
| 40 – 49 | 1000 | 750 | 500 | 300 | 100 |
| 50 – 59 | 700 | 400 | 300 | 200 |  |
| 60 - 69 | 400 | 300 | 200 |  |  |
| 70+ | 250 | 150 | 75 |  |  |
| Junior | 250 | 150 | 100 | 75 |  |
| Winning open teams, men and women (combined time): 4 x R100 | | | |  |  |

**HALF MARATHON AWARDS**

Permanent numbers are awarded to runners finishing the half marathon for the 10th time or winning one of the categories  
(open, 40-49, 50-59, 60-69, 70+) for a 3rd time.

Entrants who have completed 9 Winelands half marathons and will qualify for a permanent number, must please indicate as such on the entry form.

**HALF MARATHON MEDALS**

|  |
| --- |
| **GOLD:** First 3 men  First 3 women  First 3 40-49 men  First 3 40-49 women  First 3 50-59 men  First 3 50-59 women  First 3 60 - 69 men  First 3 60 - 69 women  First 3 70+ men  First 3 70+ women  **SILVER:** Positions 4 - 100  **BRONZE:** The rest sub - 3:30 |

**TOG BAG FACILITIES**

**Tog bag facilities will be available on race day. Please note that while the organisers will take reasonable care with the bags, no responsibility *whatsoever* is accepted for loss or damage. Do not leave money or other valuables in your bag!**

**5km FUN RUN**

The fun run is an open event for licensed and unlicensed athletes.

Children under 9 years must be accompanied by a parent or guardian.

The start will be at 06:30 at Eikestad Primary School**.**

For safety reasons young competitors are requested to start near the back.

**Entries at R15.00 each are taken on the morning of the run from 05:00.**

The time limit is 1 hour and all finishers will receive a medal.

For further fun run enquiries, contact Top Events – 021 511 7130

**Parking**

Parking is provided for 700 vehicles at various venues in close proximity to the race venue. Security officials are on hand, and endeavor to keep the vehicles as safe as possible. However, runners making use of these parking facilities must ensure that they do not leave any valuable items or personal belongings in their vehicles.

Parking marshals are on hand to direct race participants to these parking venues. Please obey and respect these parking marshals. Their assistance is invaluable in ensuring that all participants arrive at the race venue on time. Runners are requested to provide adequate time en route to the race to ensure that they arrive on time for the start of the event.

Please note that the owners of vehicles that park illegally, will be held liable by the local Traffic Officials.

**THANK YOU**

**To Coca-Cola for supplying refreshments at the finish**



**RACE CHARITY**



Helderberg Animal Rescue Team is as registered NPO and Public Benefit Organisation which started in March 2015. Their volunteers

are mostly working mums who give up their free time to work in various disadvantaged communities in and around the Helderberg.

Their main focus is to ensure that all dogs and cats are vaccinated and sterilised, and have so far sterilised 400 animals in a year. They subsidise food (or donate free where needed), deal with injuries and illness, treat mange, dip for ticks and fleas, provide or subsidise kennels and collars and rescue abused, neglected or abandoned animals. They try to educate owners and their children about taking responsibility for and the care and protection of their pets under HART’s guidance. HART have also re-homed over 100 puppies, kittens, adult dogs and cats.

NPO registration number: 146-494

PBO registration number: 930052145

Telephone 076 821 0465 Email: [hartteam@mail.com](mailto:hartteam@mail.com)

Website: **http//www.hart.helderberg.co.za**

