



Helderberg Harriers presents the

41st Winelands Marathon & 22nd Half Marathon

Saturday 10 November 2018

Eikestad Primary School, Stellenbosch

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 1 November 2018.
- In-Store entries can be done at Sportmans Warehouse Somerset West, Tygervalley and Rondebosch.
- In-Store and Fax entries close on Thursday 1 November 2018.
- **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) | R140 + R 19.60 (14% online administration fee) = | R 159.60 |
| • Marathon (non- club members) | R205 + R 28.70 (14% online administration fee) = | R 233.70 |
| • Half Marathon (club members) | R90 + R12.60 (14% online administration fee) = | R 102.60 |
| • Half Marathon (non- club members) | R145 + R20.30 (14% online administration fee) = | R 165.30 |
| • Disposable timing chip (compulsory for all) | R22 + R3.08 (14% online administration fee) = | R 25.08 |
| • Moisture management T-Shirt | | R210 (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 **10 November 2018**.
- **No changing from the marathon to the half marathon or vice versa will be allowed.**
- One race number (bib) will be issued. Registered athletes must wear their **2018** ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
- The race number and temporary timing chip are linked to your name and finishing time – Allowing another person to compete with your number will result in disqualification of the other person and your exclusion from the next year's event.
- 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 licenced 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 **1999** or later) wearing a junior or senior licence, must display age tags to qualify for age group prizes.
- Licenced athletes should wear club colours. Temporary licenced athletes must run in clothing without advertising. No ambush marketing is permitted.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- The use of music players with headphones is not allowed and may result in disqualification.
- Marshals, traffic and any police officials must be obeyed at all times. If participants are instructed by any race, medical, traffic or police official to stop, they shall do so immediately.
- **Temporary licence athletes** must complete and hand in the tear off strip from the number in order to be eligible to compete. Boxes for this purpose will be available at registration points.
- This is a Modern Athlete #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 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, 9 November, 15:00-19:00 and Saturday, 10 November, from 04:30 at **Eikestad Primary School**, Stellenbosch and Friday, 9 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 permanent numbers must please indicate as such on their entry forms.
- Prizegiving for the half marathon will take place at the **Eikestad Primary School** and start between 09:30 and 10:00.
- Prizegiving for the marathon will take place at the **Eikestad Primary School** and start between 11.30 and 12:00.
- There are no shower facilities at the start / finish venue.
- Results will be available at www.topevents.co.za
- For all race enquiries contact Top Events at 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 R210 each when you enter.

ROUTE DESCRIPTION

MARATHON:

Begin with a loop through historic Stellenbosch and leave the town along the R310 past Spier Estate and turn left into Annandale Rd just before the 14km mark, which is the lowest point on the route. Annandale Rd is an undulating stretch of 5km, to reach the R44. Turn right and follow the R44 to Somerset West where 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 (Stellenrust Rd) 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, corrugated 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 part 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 2019 Two Oceans and Comrades ultra-marathons. Please note that both these events require a marathon race to be completed within 5 hours.



MARATHON PRIZES

Men & women	1	2	3	4	5	6	7	8	9	10
Open	2200	1750	1500	1250	950	750	600	450	350	150
40 - 49	1300	1000	700	500	300					
50 - 59	800	600	400	200						
60 - 69	500	400	250							
70+	300	200	150							

MARATHON INCENTIVES

Any athlete from the following categories meeting this criteria, qualify for incentive awards.

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, Triple laurel permanent numbers after 30 completed runs and a special unique trophy after 40 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	6	7	8	9	10
Open	1800	1350	900	700	600	500	400	300	200	150
40 – 49	1300	900	700	500	300					
50 – 59	900	600	400	200	100					
60 - 69	400	300	200	150	100					
70+	300	250	175							
Junior	250	150	100							

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. A clearly marked secure area for the safe keeping of tog bags is available near the finish area. Bags must be collected by 13:00 on race day. NO PROOF of NUMBER, NO BAG. ! 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 cell phones, money, jewellery 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.

In support of water saving initiatives, there will be no official feeding stations and participants are encouraged to provide and carry their own hydration.

Entries at R20.00 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 1200 vehicles at various venues in close proximity to the race venue. Security officials are on hand, and endeavour 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.

Routes to venue and parking information will be available at www.topevents.co.za

THANK YOU

To Coca-Cola for supplying refreshments at the finish



RACE CHARITY

DISTANCE FOR DIFFERENCE



Distance For Difference (D4D), is a registered non-profit organisation which, over the last thirteen years, made a significant contribution towards the wellbeing of children, be it through children's charities or individual children in need. We use sport to generate funds for distribution to various organisations involved in caring for children. Firstly, we raise funds through individual athletes who find sponsors for every km they run, cycle or swim during a year through training or participating in specific events, e.g. the Comrades Marathon, the Absa Cape Epic, IRONMAN, The Cape Town Cycle Tour, etc. Secondly, we host two fundraising events – the bi-annual Gratitude Run and THE500. Over the past thirteen years, we've raised and distributed more than R6 million. Some of our beneficiaries include Kingdom Kids, Little Angels, Sylvia Foster Home, Tzadokah Foster Home, Ubuntu, just to name a few. We are indeed blessed to bless others.

NPO registration number: 182-816

PBO registration number: 930018736

Telephone 021-852-4854 / 082 415 5595

E-mail: d4d@telkomsa.net

Website: <http://d4dsa.co.za/>

Facebook: www.facebook.com/D4DSA



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Race flyers and results
www.wpa.org.za
wpa-subscribe@yahoogroups.com

