



## RUN THE GOOD RACE IN THE 15 KM RUN OR 4.2 KM MINI MARATHON FUN RUN

After much anticipation, The Constantia Village annual VOB 15 km Road Race is finally here! Now is your chance to test your endurance and willpower – with one goal in mind – sweet victory!

The annual Road Race is sponsored by The Constantia Village and hosted by ACSISVOB. It stretches out onto a 15 km course that runs along some of the most scenic green routes in the city.

Contestants stand a chance to win fantastic prizes and giveaways, made available by The Constantia Village tenants. These include gold medals for runners who finish 1 to 100; silver for those finishing 101 to 200 and bronze for the remainder in the main 15 km event.

This exciting event is fun for the whole family! Anyone can participate – in the 15 km Road Race, in the 4.2 km Mini Marathon Fun Run and as spectators, providing encouragement and support.

## THE ROUTE

The course has been measured using a Clane Jones device. The race is run in accordance with ASA and WPA rules. SA's fastest 15 km women's time in 2004.

## GENERAL INFORMATION

Entry fee:  
R35 for licensed athletes  
R50 for unlicensed athletes  
R15 for 4.2 km Mini Marathon Fun Run

## PRE-ENTRY

You can pre-enter for both the 15 km and 4.2 km Mini Marathon Fun Run races at The Constantia Village on Thursday, 8 and Friday, 9 March between 1 pm and 6 pm.

At this time you will also have an opportunity to visit the pre-race exhibition hosted by The Constantia Village.

Entry on the day will take place at The Constantia Village from 5 am.

## ENQUIRIES

Please direct any enquiries to Charlotte on 021 761 8887 between 2 pm and 5 pm, Monday to Friday, or visit her at ACSISVOB Running Club between 5:30 pm and 6 pm on Tuesday or Thursday.

For more information, visit the website at [www.vob.co.za](http://www.vob.co.za). Prize-giving will take place at 8:15 am. Refreshments will be on sale after the race.

## PRIZES

MEN & WOMEN	Open	40-49	50-59	60+	15-19
1st	R1 100	R500	R400	R350	R300
2nd	R850	R350	R300	R250	R200
3rd	R650	R300	R250	R200	R150
4th	R350				
5th	R200				

## TEAM PRIZES

OPEN MEN & WOMEN 4 x R300

## SPOT PRIZES

Valuable spot prizes can be won in the lucky draw at the prize-giving.

## RULES OF THE 15 KM RACE

- Licensed athletes must run in club colours with 2012 licenses on the front and back of their vests.
- Unlicensed runners must wear a temporary licence number on the front and back of their vests; these will be included in the race packages.
- All entrants must be 15 years or older on the day of the race.
- An entry card must be in the athlete's possession during the race.
- Age category tags must be worn (40, 50, 60, etc.) on the front and back of the vest, if runners wish to be eligible for age category prizes. Temporary licensed runners are eligible for age category prizes provided that they enter the relevant age group, wear the appropriate age tags and provide proof of age.
- No personal seconding will be permitted, except at official refreshment stations.
- Refreshment tables will be provided at regular intervals in accordance with ASA and WPA rules.
- The cut-off time for the race is 120 minutes.
- Club colours must be worn to qualify for team prizes.
- In addition to overall (open) prizes, participants will only be eligible for an age category prize in the age category they enter. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Juniors born in 1993 or later wearing a junior or senior number must display category tags "J" to qualify for age group prizes. Juniors will count towards open team prizes.
- Tog bag facilities are used at the owner's risk.