

VOET VAN  
**AFRIKA**

- since 1978 -

**40**



**13**  
OCTOBER  
**2018**



Visit us!



@voetvanafrika



hosted by  
High School Bredasdorp

**THE TOONTJIE  
4km Fun Run**

Friday 12 October  
at 18:00

GPS Co-ordinates 34°32'23"6"S 20°02'45"9"E

Enquiries: Lizelle 082 658 6277 Pieter 082 896 9482 info@voetmarathon.co.za

Enter Online: [www.topevents.co.za](http://www.topevents.co.za)

CLOSING DATE Manual 23 September 2018 and Online 30 September 2018





# RECORDS

10km	Junior Ladies	Zinle Xiniwe	AAC	2002	0:37:04
	Junior Men	Dicardo Jacobs	Boland	2006	0:30:26
	Senior Ladies	Zinle Xiniwe	Mr Price	2007	0:37:38
	Senior Men	Tsungai Mwanengeni	Mr Price	2007	0:30:43
21km	Ladies	Nomvujisi Seti	Itheko	2016	1:44:00
	Men	Andries Pongwana	Nedbank	2016	1:15:03
42km	Ladies	Candyce Hall	Natal Carbineers	2016	3:31:17
	Men	Siyabulela Mpongwana	KWAY VOB	2016	2:42:25

**RUNNER WHO HAS COMPLETED ALL THE VOET VAN AFRIKA MARATHONS: David-John Price, Fish Hoek**

# MAIN PRIZES 2018

## CUT OFF FOR MEDALS

### 10km

GOLD FIRST 10 MEN & 5 WOMEN  
SILVER NEXT 10 MEN & 5 WOMEN  
BRONZE THE NEXT 1000 FINISHERS BEFORE FINAL CUTOFF OF 2:00 HOURS

### 21km

GOLD FIRST 5 MEN & 5 WOMEN  
SILVER NEXT 10 MEN & 10 WOMEN  
BRONZE THE NEXT 1000 FINISHERS BEFORE FINAL CUTOFF OF 4:30 HOURS

### 42km

GOLD FIRST 10 MEN & 10 WOMEN  
SILVER NEXT 20 MEN & 10 WOMEN  
BRONZE THE NEXT 1000 FINISHERS BEFORE FINAL CUTOFF OF 06:00 HOURS

**ATHLETES ARE RESPONSIBLE TO COLLECT THEIR OWN PRIZE MONEY OR MAKE AN ALTERNATIVE ARRANGEMENT WITH THE ORGANIZER. IF NOT, YOU WILL FORFEIT YOUR PRIZE.**

CATEGORY	CASH	CATEGORY	CASH	CATEGORY	CASH
42.2km FIRST SECOND THIRD	OPEN MEN & WOMEN R3000 <small>FLOATING TROPHY</small> R2000 R1000	21.1km FIRST SECOND THIRD	OPEN MEN & WOMEN R2000 <small>FLOATING TROPHY</small> R1500 R750	10km FIRST SECOND THIRD	SENIOR MEN & WOMEN R750 <small>FLOATING TROPHY</small> R500 R300
42.2km FIRST SECOND THIRD	AGE 40+ MEN & WOMEN R1000 R750 R500	21.1km FIRST SECOND THIRD	AGE 40+ MEN & WOMEN R750 R500 R300	10km FIRST SECOND THIRD	JUNIOR MEN & WOMEN R750 <small>FLOATING TROPHY</small> R500 R300
42.2km FIRST SECOND THIRD	AGE 50+ MEN & WOMEN R750 R500 R300	21.1km FIRST SECOND THIRD	AGE 50+ MEN & WOMEN R500 R300 R200		
42.2km FIRST	AGE 60+ MEN & WOMEN R500	21.1km FIRST	AGE 60+ MEN & WOMEN R300		
42.2km FIRST	AGE 70+ MEN & WOMEN R300	21.1km FIRST	AGE 70+ MEN & WOMEN R200		
42.2km MEN WOMEN	TEAM PRIZE R300 <small>FLOATING SHIELD</small> R300	21.1km MEN WOMEN	TEAM PRIZE R200 R200 <small>FLOATING SHIELD</small>		

## SPECIAL PRIZES

KING OF THE MOUNTAIN 42KM  
QUEEN OF THE MOUNTAIN 21KM  
LAST ATHLETE HOME (42KM)  
OLDEST COMPETITOR (42KM)

FIRST BREDASDORP CLUB ATHLETE  
FIRST BREDASDORP CLUB ATHLETE  
FIRST BREDASDORP CLUB ATHLETE  
FIRST BREDASDORP CLUB ATHLETE

- FLOATING TROPHY + R500  
- FLOATING TROPHY + R300  
- FLOATING TROPHY + R150  
- FLOATING TROPHY + R250

- 10KM JUNIOR GIRL R150  
- 10KM JUNIOR BOY R150  
- 21KM LADY R200 FLOATING TROPHY  
- 42KM MAN R300 FLOATING TROPHY

# RUNNERS RULES & REGULATIONS

## 1. ENTRIES

- 1.1 Online: [www.topevents.co.za](http://www.topevents.co.za) Closing date 30 September 2018 at midnight.
- 1.2 Fax: completed entry form and deposit slip to 021 510 7230. Closing date 23 September 2018 at midnight.
- 1.3 In store: Deliver your entry form and cash to the cashier and you will receive two proof of payments. Attach one to your entry form and keep the other as proof of payment. Bring this along to number collection. You can enter at Sportsmans Warehouse Rondebosch, Tygervalley, Canal Walk, Somerset Mall. Closing date 23 September 2018.
- 1.4 If you run and finish your 10th half or full marathon you qualify for a permanent number, please indicate it on your entry form.

## 2. CONFIRMATION OF ENTRY

- 2.1 Fax and online entries will receive an email, if you provide an email address.
- 2.2 Prior to number collection days you will receive a sms indicating your race number and collection date and time.
- 2.3 Please bring proof of entry, email confirmation or sms confirmation to registration.

## 3. NUMBER COLLECTION

- 3.1 Number collection will take place at the store you selected on the entry form on 11 October 2018 from 12:00 until 17:00.
- 3.2 Number collection will also take place on 12 & 13 October at the Bredasdorp Sportsgrounds, from Friday 14:00 until 21:00 and Saturday from 04:00.
- 3.3 Temporary licences are available at Bredasdorp Sportsgrounds.

## 4. ROUTE

- 4.1 Refreshment tables will be placed at regular intervals along the routes and will supply water and/or Coke/Powerade.
- 4.2 Distance markers indicate the Kilometers to be completed.

## 5. FINISH

- 5.1 All races will finish at Bredasdorp Sportsgrounds.
- 5.2 Parking is available at the finish. Security is available, but vehicles are parked at the owner's risk.

## 6. PRIZE GIVING

- 6.1 You must be available at the prize giving ceremony to receive your prize. If it is not possible, arrange with someone to receive it on your behalf. No prizes will be forwarded by mail or bank deposits.
- 6.2 Prize giving starts 15 mins after the marathon cut-off time.
- 6.3 Only Club members qualify for Team Prizes in 21.1km and 42.2km.

## 7. RESULTS

- 7.1 All results will be available on the Internet: [www.topevents.co.za](http://www.topevents.co.za)

## 8. RACE RULES

- 8.1 Race will be run on 13 October 2018 under the auspices of Bredasdorp Athletic Club and according to the rules of ASA and Boland Athletics.
- 8.2 Competitors must run in club colors with a 2018 licence number or a temporary number displayed on their vests.
- 8.3 The official event race number must be worn on the front and your club or temp licence number on the back of your garment. The event race number must not cover the temp or club licence number, the logo of ASA / province and their sponsor must be visible.
- 8.4 Age category tags must be worn on the runner's front and back in a visible position to qualify for age category prizes.
- 8.5 Athletes may qualify for the age category and/or the open category in the 21km and 42km events.
- 8.6 Category groups are as follows: 10km: Junior, Senior. 21.1km and 42.2km: Open, Master 40+, Master 50+, and Master 60+.
- 8.7 All competitors must abide by the rules, regulations and instructions given by officials. Non-compliance may lead to disqualification.
- 8.8 No seconding will be allowed.
- 8.9 The entry fee is non-refundable. If the event is cancelled for reasons beyond our control, entry fees will be donated.

## 9. TOG BAGS

- 9.1 Tog bags are loaded onto the trucks at the start of the 42.2km and 21.1km respectively and can be collected at the tog bag area at the finish with your tog bag number as identification.
- 9.2 Tog bag facilities for the 10km race is in the arena.
- 9.3 Tog bag facilities are used at your own risk.

## 10. SPECIAL INFO 42.2km

- 10.1 Starts at 06:00 on the Elinm road, at the farm Mierkraal (8.5km from Bredasdorp)
- 10.2 Transport to the start will depart from Bredasdorp Sportsgrounds at 04:45.
- 10.3 King of the Mountain: first man at the watertable next to the FM tower on top of the mountain and to complete the race.
- 10.4 Last Runner Home - last runner to reach the finish before the cutoff.
- 10.5 Participants must be 20 years and older.
- 10.6 First cutoff at the start of the 21.1km at 07:20 (±10km from the start).
- 10.7 Second cutoff in Napier at the "Bo-dorp Huisie" (16.5 km to go) at 10:30.
- 10.8 Third cut off at the Stormsviel turnoff (4,5km to go) at 11:30. Final cut-off at 12:00. Time limit of 6 hours.
- 10.9 Race officials assisted by police and traffic officers will enforce the cutoff times.
- 10.10 Failure to obey the officials can result in disqualification and banning from future entry to the Voet.

## 10.11 Refreshment stations every 43km.

## 10.12 No late entries will be taken.

## 10.13 No secure parking is available at the start, please use the transport provided by organizer.

## 11. SPECIAL INFO 21.1km

- 11.1 Starts on the farm Grashoek at 07:30.
- 11.2 Transport to the start will depart from Bredasdorp Sportsgrounds at 05:45.
- 11.3 Cutoff at the Stormsviel turnoff (4,5km to go) at 11:30. Final cut-off at 12:00. Time limit of 4½ hours.
- 11.4 Queen of the Mountain : first lady at the BM Ford - watertable at the 12.8km to go marker and to complete the race.
- 11.5 Participants must be 16 years and older.
- 11.6 Walkers are welcome.
- 11.7 Refreshment stations every 43km.
- 11.8 No late entries will be taken.
- 11.9 No secure parking is available at the start, please use the transport provided by organizer.

## 12. SPECIAL INFO 10km

- 12.1 Start at Bredasdorp Police Station, next to the Bredasdorp Sportsground at 08:00
- 12.2 Final cut-off at 10:00.
- 12.3 Participants must be 15 years and older. Juniors to wear a "J" category tag on the front and back in a visible position to qualify for age category prizes.
- 12.4 JUNIORS are those who are under the age of 20 on 31 Dec in the year of competition.
- 12.5 Walkers are welcome.
- 12.6 All participants qualify for prizes (Temp and Club athletes). There is no "open" category. Participant who are under 20 qualify for the "junior" prizes only, those older than 20 years qualify for "senior" prizes only. No Team Prize available in this race.
- 12.7 Refreshment stations every 43km.
- 12.8 Entries close Friday 12 Oct 2018 at 21:00 at Bredasdorp Sportsgrounds.
- 12.9 No entries will be taken on race day.

## 13. 4km FUN RUN / WALK

- 13.1 The race will take place on Friday 12 October 2018 at 18:00.
- 13.2 Entries will be taken from 13:00 until 17:45 on race day.
- 13.3 All participants to complete an entry form.
- 13.4 Entry fee R20 for all participants.
- 13.5 Start and finish at Bredasdorp Sportsgrounds
- 13.6 Medals to the first 600 finishers.
- 13.7 Time limit of 1 hour.

## 14. ACCOMMODATION

- 14.1 Cape Agulhas Tourism: Tel 028 424 2584 or visit [www.discovercapeagulhas.co.za](http://www.discovercapeagulhas.co.za)

## 15. DISPOSABLE TIMING CHIPS

- 15.1 Your timing chip has been placed on the front of your race number.
- 15.2 The race number must be worn on the front of your vest and visible at the finish line.
- 15.3 There is a foam backing on the back of the race number.
- 15.4 Please do not remove the timing chip and foam strip from the race number - doing so will result in NO finish time.
- 15.5 For safety and timing purposes, ONLY the person assigned to this race number may use it.
- 15.6 For all results or results queries please call 021 511 7130 or email [timing@topevents.co.za](mailto:timing@topevents.co.za) For event information contact Pieter 082 896 9482 or Lizelle 082 658 6277 Email [info@voetmarathon.co.za](mailto:info@voetmarathon.co.za)

**Charity for Lions Club**

Donate a blanket to give back to the community of Bredasdorp!