

# bainskloof

*entry form - closing date: 18 September 2011*

Bainskloof Race Number	<input type="text"/>	Temporary Licence	<input type="text"/>
Running Licence Number 2011	<input type="text"/>	Age on Day of Event	<input type="text"/>
Running Athletic Club	<input type="text"/>	ASA Province	<input type="text"/>
<b>ultra</b> Qualifying Marathon	<input type="text"/>	Date	Time

Full name \_\_\_\_\_

ID \_\_\_\_\_ Sex  M  F

Postal address \_\_\_\_\_

\_\_\_\_\_ Code \_\_\_\_\_

Tel (w) \_\_\_\_\_ Cell \_\_\_\_\_

E-mail \_\_\_\_\_

*event - please tick applicable boxes:*

<b>ultra 63,3km</b>	<input type="checkbox"/>	R 160
<b>ultra relay</b> (31.65km x 2. R80 entrance fee per athlete)	<input type="checkbox"/>	R 160
<b>half 21,1km</b>	<input type="checkbox"/>	R 55
<b>buksie 6km</b>	<input type="checkbox"/>	R 30
temporary licence	<input type="checkbox"/>	R 25
voluntary donation (Huis Andrew Murray Child and Youth Care Centre)	<input type="checkbox"/>	R
total amount payable (entry fees and voluntary donation)	<input type="checkbox"/>	R <input type="text"/>

*banking details* \* **(notice we have new banking details!)**

**Account:** Bainskloof Ultra, \*Capitec Bank, Wellington (470010). **Account no: 126 9653 170**

**Post** entry form and proof of payment to **PO Box 216, Wellington 7654**

**E-mail** entry form and proof of payment to **info@bainskloofultra.co.za**

**Fax** entry form and proof of payment to **086 566 8664**

*(clearly indicate the name, surname and event of athlete on the proof of payment, e.g. Sannie Basson 21.1km)*

## *release and waiver*

I declare that I agree to abide by the rules of the event. I will participate in the race at my own risk and I hereby indemnify all national and provincial bodies, local authorities, sponsors and organisers of the race against any action or claim of whatsoever nature which may result out of my participation in this event.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

5th year



# bainskloof



**asics® ultra**

**24.09.2011  
WELLINGTON**

*Come and celebrate Heritage Day on one of the most beautiful National Historic sites in South Africa!*

**ULTRA**  
**63,3 km**

*Pre-entry only!*  
*Track: Bainskloof*

**ULTRA**  
**RELAY**

*Pre-entry only!*  
*2 Athletes*

**HALF**  
**21,1 km**

*Pre-entry only!*  
*Walkers welcome!*

**BUKSIE**  
**6 km**

*Walkers welcome!*  
*Track: Part of Pass*

SAFARI Half marathon started here 23 years ago and it has grown to one of the most popular top races in the country. There is surely no more fitting way to commemorate this than to place another big event on the calendar for our athletes! The race promises to be unique and our national asset, Bainskloof Pass, now 156 years old, will ensure that no one will be disappointed!

Bainskloof is part of the Limietberg Nature Reserve and the Boland Mountain Complex: The "Cape Floral Region Protected Areas, World Heritage Site" that was inscribed on the world list by UNESCO at the 29th session of the World Heritage Committee in Suzhou, China in July 2004.



Wellington  
Atletiekklub

**new!**



**ENTERTAINMENT FOR ALL!**

- \*Food
- \*Stalls
- \*Braai
- \*Live Music
- \*Lucky-draws
- \*Fun and Games etc.

Beneficiary: Huis Andrew Murray

[www.bainskloofultra.co.za](http://www.bainskloofultra.co.za) OR [www.entrytime.co.za](http://www.entrytime.co.za)



# bainskloof

## general information

### ultra & relay

#### Registration

Friday, 23 September 2011 between 11:00 & 20:00 and Saturday, 24 September 2011 between 04:30 & 05:30 at Huguenot High Sports field.

#### Start

06:00, Huguenot High Sports Field. **RELAY:** Own transport for start and turning point. Sufficient parking.

#### Cut-off times

At the finish: 8 hours (14h00)

At interim stages: Runners who can't pass the following marks in the stipulated times will not be allowed to continue. 31.65km in 4 hours (Turning point)

#### Licence requirements

All SA entrants must have a valid ASA licence by the time they enter. Two race numbers (one front, one back) will be issued, to be displayed on the upper body garment at all times.

#### Qualifying standards

Runners must at least turn 20 during 2011 to enter. Runners are required to have run a qualifying marathon (42.2km) between 1st of January and 18 September 2011 or another ultra marathon within the cut-off time.

#### Medals

Gold	First 3 men & women
Silver	Next 50
Bronze	Under cut-off time

#### Prizegiving

Take place at 14h00

#### Prizes

Open (the same prize money for men and women)				
	1st - R2 000	2nd - R800	3rd - R400	
Individual Prizes (the same prize money for men and women)				
	SubVets	Veterans	Masters	Grand Masters
1st	R 600	R 600	R 600	R 600
2nd	R 300	R 300	R 300	R 300

### buksie

#### Entries

Friday, 23 September 2011 between 11:00 & 20:00 and Saturday, 24 September 2011 between 05:00 & 7:15 at Huguenot High Sports field.

#### Start

07:30, Huguenot High Sports Field

### half

#### Registration

Friday, 23 September 2011 between 11:00 & 20:00 and Saturday, 24 September 2011 between 05:00 & 06:00 at Huguenot High Sports field.

#### Start

07:00, Huguenot High Sports Field

#### Cut-off times

At the finish: 4 hours (walkers welcome)

#### Licence requirements

All SA entrants must have a valid ASA licence by the time they enter.

Temporary licences available at R25.

#### Medals

Gold	First 3 men & women
Silver	Next 200
Bronze	Under cut-off time

#### Prizegiving

Take place at 11h00

#### Prizes

Open (the same prize money for men and women)				
	1st - R 1 000	2nd - R 600	3rd - R 300	
Individual Prizes (the same prize money for men and women)				
	SubVets	Veterans	Masters	Grand Masters
1st	R 500	R 500	R 500	R 500
2nd	R 250	R 250	R 250	R 250

### general

#### Safe keeping

Safe storage facilities will be made available to athletes. Please mark your sportsbag with your athlete number.

#### Ablution facilities

Showers are available at the finish. Follow signage.

#### Gazebo's

Clubs may erect gazebo's in specified areas.

#### Refreshments

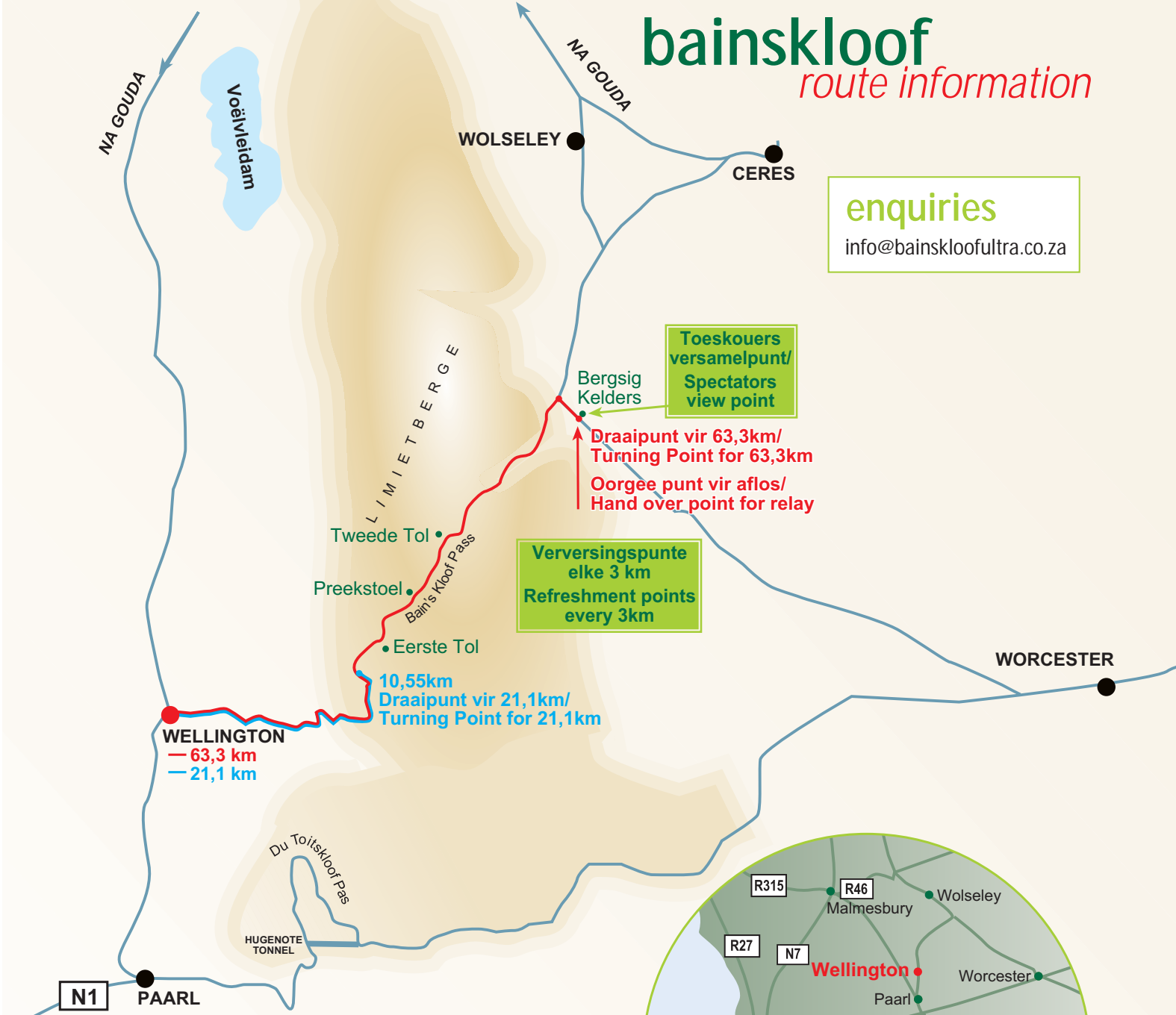
Refreshments and snacks will be for sale throughout the day at the start/finish.

# bainskloof

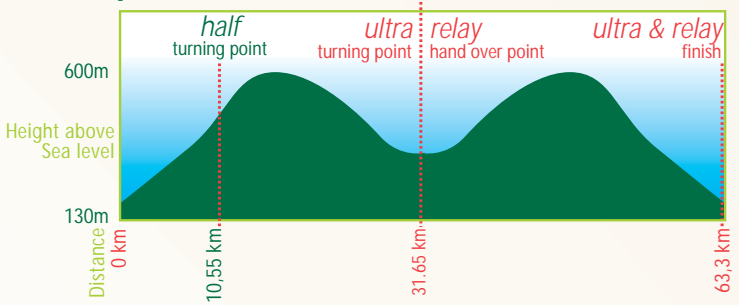
route information

enquiries

info@bainskloofultra.co.za



## route profile



**new!**

Huis Andrew Murray Child & Youth Care Centre (HAM) will be hosting a funfair where kids will be entertained under adult supervision (jumping castles, face painting, pony rides etc.) while parents enjoy the day or run the marathon. There will be various stalls where food - as well as fresh fruit and vegetables from the farm - and hot and cold drinks will be on sale. Lucky draws and live music throughout the day. As it is National Braai day you can buy a braaied plate of food to eat at the stadium. This is a day for the whole family, so bring along mom and dad as well as boet and sus, granny, uncle and aunt.