



Winelands Mile
Open Water Charity Swim
Saturday
8 November 2014



Waterval Road
 Daljosafat, Paarl
www.calais.co.za

TIME	EVENT	AGE GROUPS (Male/Female separate categories)	ENTRY FEE
10h00	200 m Junior Swim	12 years and under	R30.00
10h30	1 Mile Swim *	Under 20; 20-39 years ; 40 -59 years; Age 60+; Disabled	R100.00 (Pre-paid Pre-entered R80.00)
12h00	4 x 200 m Relay #	All ages Mixed	R80.00 per team

NB: Swimmers wearing wetsuits/swimming aids do not qualify for placing or prizes

Entries accepted until 10h00* and 11h30# respectively on race day
Pre-entries by 12 noon on 6 November 2014: Note Mile Swimmer's discount for prepaid pre-entries

Send entries & proof of payment: winelandsswim@gmail.com or sharkeytherese@gmail.com or Thérèse Sharkey
 Fax: 086 620 7022

Payment to **Winelands Masters Swimming Club, ABSA savings A/C no 907 431 3664**
(State your name as reference and fax deposit slip to Thérèse Sharkey 086 620 7022)

Refreshments and light lunches will be available. Wine tasting and sales on site.
 Relax and enjoy the beauty of the Boland after the swim.

Enquiries: Thérèse Sharkey 084 512 8861
 Edgar Lewis 082 673 2620

Directions to Calais Wine Estate:

Take N1 to Paarl from Cape Town
 Take Sonstraal Rd exit, near toll road tunnel.
 Turn left at stop at top of off ramp. Over 4 way stop & past Ashanti.
 Turn Right onto Swawelstert Road
 1,7 km further turn Right into Waterfall Rd, Follow the "SWIM" signs
 Alternatively go to www.calais.co.za for a map and directions.



THE WINELANDS MILE

OPEN WATER CHARITY SWIM

Presented by Winelands Masters Swimming Club
@Calais Wine Estate: Waterval Rd, Daljosafat, Paarl

Saturday, 8 November 2014

ENTRY FORM

Name: _____

Swimming Club / School: _____

Date of Birth: _____ Age on day of Race: _____ Male / Female: _____

E-mail: _____ Tel: _____

Postal Address: _____ Code: _____

Please tick appropriate category/categories:

ENTRY FEES:

Junior Swim	R30.00
Open Water Mile Swim	R100.00 (Pre-paid Pre-entry R80.00)
Relay Team	R80.00 per team of 4 swimmers

EVENT	AGE GROUP (Age as on race day)	MALE	FEMALE
200 m Junior Swim	12 and under		
1 Mile Swim*	19 years and under		
1 Mile Swim	Age 20 – 39		
1 Mile Swim	Age 40 - 59		
1 Mile Swim	Age 60 +		
1 Mile Swim	Disabled		
4 x 200 Meter Relay#	Mixed All Ages		

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By entering, I agree that I participate at my own risk, waive any claim arising from or connected with any injury or loss that I may sustain while, or as a result of, participating in any Masters Swimming or related activity whether caused by negligence or otherwise against the Western Province Masters Swimming Association, Winelands Masters Swimming Club, Calais Wine Estate and South African Masters Swimming, their officers, members, employees, agents and assistants and indemnify them in respect of any claim arising from my participation in Masters Swimming or related activity.

Signed: _____

Parent/Guardian: _____

Date: _____

Payment: _____