



**Sunday
2 October
2016**

Constantia Valley

Grape Run



BRING YOUR OWN WATER (for more info see the inside of the flyer)

**Half Marathon 6.30am / 14km Run 7.00am
5km Family Fun Run 7.45am**



1685
CONSTANTIA VALLEY
Cape Town's Vineyard

Supported by the Constantia Property Owner's Association: www.constantiaipoa.co.za

Surname _____

E-mail _____

Licence No. _____

Name of Club _____

Date of Birth _____

Emergency Contact Name _____

Medical Aid _____

First name _____

Contact Tel. _____

Age (on race day) _____

ID No. _____

Emergency Contact No. _____

Medical Aid No. _____

ENTRY FORM FOR 21.1km & 14km RACES

Category

MALE FEMALE

Junior 20-39 40-49

50-59 60-69 70+

PRE-ENTRY REGISTRATION

At which venue will you be registering?

- Cape Union Mart, Canal Walk Adventure Centre (Fri. 31 Sep, 11h00-15h00)
- Cape Union Mart, Constantia Village (Sat. 01 Oct, 11h00-15h00)
- Alphen Centre, Constantia (Sun. 02 Oct, from 5h00)

ALL PRE-ENTRIES CLOSE 24 September.
5km Family Fun Run: Enter at registration or on the day at the Alphen Centre.

Indemnity

I shall participate in this race at my own risk and indemnify the WPA, organisers and sponsors of this race against any claims which result from my participation.

Signature: _____

Guardian (if under 18 years): _____

ENTRY FEES (includes online entry fee)

	21.1km	14km
CLUB MEMBERS	R70 <input type="checkbox"/>	R55 <input type="checkbox"/>
NON CLUB MEMBERS (includes temporary licence)	R110 <input type="checkbox"/>	R85 <input type="checkbox"/>

FEE

No pre-entry for Fun Run
(enter at registration or on day).

ENTRY:

- Online at www.racetraq.co.za
- By post to K-Way VOB CVGR, PO Box 55, Plumstead, 7801
- By fax to 086 616 1108. Fax a completed entry form along with a copy of your deposit slip.

PAYMENT:

You may pay by direct transfer.

Bank details: Standard Bank

Branch Name: Blue Route

Acc. No.: 270093036

Acc. Name: Race Traq.

No Postal orders. No cheques.

Fax or e-mail confirmation of payment to 086 616 1108 / vobsec@mweb.co.za.

Reference for payment:

CVGR, plus your name and initials.

Bring confirmation of payment to registration.
Online pre-entries close on 24 September 2016 or when limited numbers are reached. Postal or fax entries must be received by 20 September 2016.



THE ROUTE

The K-Way Constantia Valley Grape Run is arguably the most beautiful route in the Western Cape. The 21km course is somewhat challenging as it leads one through the historic wine farms of the Constantia Valley. The courses have been measured and certified using a Clane Jones Device. Both courses are uneven underfoot in certain areas and therefore athletes should contact the organizers to discuss their possible participation if they are unsure.

"RUN CLEAN – BRING YOUR OWN WATER"

As this event is run primarily on the paths and trails of the Constantia Valley wine farms, this race has been declared a plastic free event and with special permission of the WPA Road Running Commission, there will be limited water stations as follows:

14km race:

water refill at 3.5km

water refill at 7.5km

water refill and Coke at 10.5km

21km race:

water refill at 3.5km

water refill at 7.5km

water refill and Coke at 14.5km

water refill and Coke at 18.5km

- There is no water available between the 7.5km and 14.5km marks on the 21.1km route. Participants are therefore encouraged to bring their own bottle or hydration pack.
- All Coke/water will be served in paper cups and must be consumed at the water stations.
- Discarding of any cups or other rubbish in the vineyards will lead to instant disqualification.

ENTRY & GENERAL INFORMATION

START: 06h30 for the 21.1km race, 07h00 for the 14km race and 07h45 for the Family Fun Run. All races start across from the Alphen Centre, Main Road, Constantia.

PRIZEGIVING: 09h30 at the Alphen Centre.

CUT-OFF TIMES: 3h30 for the 21.1km race, 2h30 for the 14km race.

The number of entrants is limited to 2000 ie. 1000 entrants for each race.

Lots of spot prizes donated by our sponsors.

Tog bag security will be available for use at runner's own risk. Please ensure that your tog bag is clearly labelled. Tog bag security will be available at the Alphen Centre.

Runners seen littering will be disqualified.

- Enter online at www.racetraq.co.za. No additional fee to pre-enter online.
- Free Entry to 70+. Proof of age may be required.
- Online pre-entries close on the 24 September 2016 or when limited numbers are reached.
- Postal or fax entries must be received by 20 September 2016 (see more info on the back page).
- Race day entries (if maximum numbers are not reached) - from 05h00 at the Alphen Centre, Constantia.
- Family Fun Run entries - enter at registration or on race day from 05h00 at the Alphen Centre, Constantia.
- PLEASE INDICATE ON THE ENTRY FORM WHERE YOU WISH TO REGISTER.
- No substitutions are allowed. Regrettably no refunds.
- Visit the website: www.kwayvob.co.za for more information.
- Enquiries to Charlotte at tel 021 761 8887; or e-mail secretary@kwayvob.co.za

RULES FOR THE 21.1km & 14km RACES

- The race will be run in accordance with the rules of ASA and WPA, including special permission from RR commission.
 - Licensed athletes should run in club colours and must have the race bib on the front of their vests and 2016 license on the back of their vests.
 - Unlicensed runners must wear the race bib on the front and a temporary license number on the back of their vests. These will be included in their race packages. Unlicensed runners must run in plain coloured clothing without advertising.
 - Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be covered by the ASA accident insurance.
 - All entrants must be 16 or older for the 21.1km and 15 or older for the 14km race.
 - Age category tags (eg. J, 40, 50, 60 etc.) must be worn front and back if runners wish to be eligible for age category prizes.
 - Temporary licensed runners are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
 - For safety reasons the use of personal music players with headphones during road races is not allowed. Any person using such device in contravention of IAAF Rule 144.3b may be disqualified and shall not be eligible for individual or team prizes.
 - No personal seconding will be permitted, except at official refreshment stations.
 - Refreshment stations will be limited – see information on previous page.
 - 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 1997 or later) wearing a senior or junior license must display category tags (J) to qualify for age group prizes (14km race). Juniors will count towards open team prizes in the 21km.
 - Club colours must be worn to qualify for team prizes.
- Detailed rules are available on www.wpa.org.za or on request from the organizers or the WPA office.

PRIZES

MEN & WOMEN 21.1km RACE

MEN & WOMEN 14km RACE

	1st	2nd	3rd	1st	2nd	3rd	4th	5th
Junior	No junior prizes			300	200	150	120	85
Open	700	500	400	450	300	250		
40-49	400	300	200	300	200	100		
50-59	400	300	200	300	200	100		
60-69	400	300	200	300	200	100		
70+	250	180		150	70			
Open Men	4 x 200			Junior Men 3 x 100				
Open Women	4 x 200			Junior Women 3 x 100				

Medals to all finishers in cut off time.