

K-Way VOB Constantia Village 15 Km Races

IMPORTANT INFORMATION

Entries

Online entries are available at www.racetraq.co.za until 29 February 2020. Limited late entries might be available at registration since the number of entries will be capped.

New Route

We have been required to change the route for your and other road user's safety because of the construction of the new traffic circle at the Ladies Mile Road and Spaanschemat River Road intersection and the Constantia Emporium. Refer to the **attached new route map and description**.

Registration

At the request of the running community we have extended the pre-race registration times to accommodate those who can not register by 15h00 on the Thursday or Friday prior to the race outside Cape Union Mart adventure store in the Constantia Village Shopping Centre. The **extended registration times** are:

- Thursday 5 March 10h00 until **19h00**
- Friday 6 March 10h00 until **19h00**
- Saturday 7 March (Race Day) 05h00 until 06h00

Water Tables

There will only be **two** water tables on the route. The first, at 5 km, will only serve water, while water and coke will be served at the second table

after the 10km mark. As usual coke will be available to participants at the finish. Participants are encouraged to carry their own water and to run clean using the provided refuge bins on the route and at the finish area.

Parking

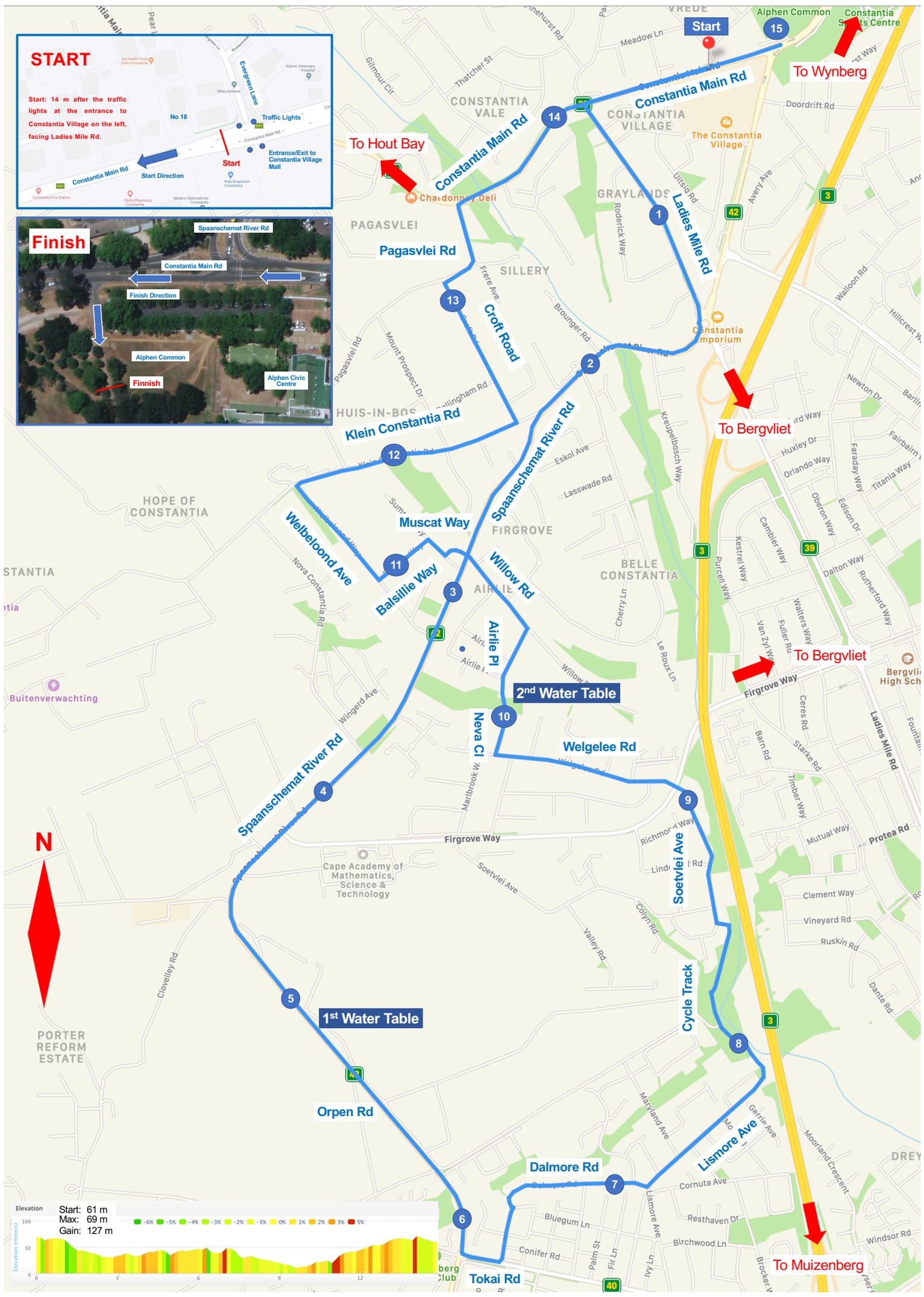
Limited parking is available at and around Constantia Village Shopping Centre. Participants are therefore encouraged to carpool and arrive early.

Safety

For your, fellow runner and other road user's safety please obey the instructions of the marshals, traffic officers and other race officials.

Start/Finish Setup





Constantia Village K-Way 15 km Race Route Description

0 km	From the start (near the entrance/exit of CV & Evergreen Lane) head on Constantia Main Rd towards Ladies Mile Rd
0.5 km	Turn left into Ladies Mile Rd Just before the circle move to the right hand side of Ladies Mile Rd
1.5 km	At the circle, using the outer lane, turn right into Spaanschemat River Rd Immediately move to the left side of Spaanschemat River Rd Continue down Spaanschemat River Rd and Orpen Rd towards Tokai Circle
6.3 km	At the Tokai circle turn left onto the Tokai Rd pavement Cut through the Bootleggers parking lot
6.5 km	Turn left onto Dalmore Rd
7.3 km	Turn left onto Lismore Ave
7.9 km	Continue along the cycle track towards Westridge Cl
8.7 km	Head north on Westridge Cir toward Soetvlei Ave
8.7 km	Head north on Soetvlei Ave toward Lindeshof Rd and Firgrove Way
9.3 km	Cross Firgrove Way and continue into Welgelee Rd
9.9 km	Turn right into Neva Cl toward Airlie Pl
10.0 km	Cross th bridge in the greenbelt towards Airlie Pl
10.3 km	Continue Airlie Pl toward Willow Rd
10.5 km	Turn left onto Willow Rd towards Spaanschemat River Rd
10.9 km	Cross Spaanschemat River Rd and continue onto Muscat Way
11.0 km	Right into Summit Way toward Balsillie Way
11.1 km	Left into Balsillie Way toward Welbeloond Ave
11.4 km	Right into Welbeloond Ave toward Klein Constantia Rd
11.9 km	Turn right into Klein Constantia Rd
12.8 km	Turn left into Croft Road move to the right and keep right
13.4 km	Turn right into Pagasvlei Rd keep on the right side
13.8 km	Turn right into Constantia Main Rd keep on the right side After the wooden bridge continue along the footpath running next to Constantia Main Road
14.3 km	After crossing at the Ladies Mile/Parish traffic lights continue along the footpath on the right side of Constantia Main Road
14.8 km	Cross Constantia Main Road at the traffic lights at Evergreen Lane - entrance/exit to CV Mall Continue along the left hand side of Constantia Main Road
15.0 km	Turn left onto the Alphen Common - Finish next to third tree on the left hand side after the entrance boom to the common