

ONSTAN 1685

SUMMER TRAIL RUN

A FREE bottle of Constantia Valley Wine with every 21 KM and 11.5 KM entry

21 km &11.5 km Trail Run, 4.5 km Family Fun run

Constantia

**Sunday 11th December 2016** Starting Times from 06h00 (see overleaf)

082 411 5533 www.cvtrailrun.co.za info@cvtrailrun.co.za



winning starts here!

# SUMMER TRAIL RUN THE ROUTE

The race is sponsored by The Constantia Valley Vineyards and Sportsmans Warehouse. The route is described as one of the most scenic in the country, traversing the majestic vineyards of the Constantia wine estates. The 11.5 km trail passes through the historic Uitsig, Buitenverwachting and Klein Constantia, whilst the 21km trail will also include Groot Constantia. The 4.5km family fun run will pass through Uitsig and Buitenverwachting. The route is suitable for both seasoned as well as novice trail and/or road runners.

You can download/view the map on the website, www.cvtrailrun.co.za

## **GENERAL INFORMATION**

#### START AND FINISH

Cape Academy, Firgrove way, Tokai.

### STARTING TIMES

21km trail run - 6:00 am

11.5 km trail run - 6:10 am

4.5 km fun trail run - 6:20 am

Parking will be at the Cape Academy

#### PRIZE GIVING TIME

8:30am

Medals will be awarded to all finishers

Tog bag security will be available.

Entry to the Wine Estates, apart from Groot Constantia, is strictly forbidden, other than for specified races.

A R10 fee applies to substitutions and late entries.

The organisers cannot be held liable for any accident, injury or loss during this event



#### **PRE-ENTRY**

#### Limited entries enter early

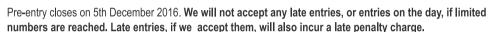
You may pre-enter online at www.racetraq.co.za or at Sportsmans Warehouse Tokai, Canal Walk or Rondebosch branches up until 5th December 2016. Cash payment will only be accepted at Sportsmans Warehouse branches. Alternatively, complete the entry form and fax it to 086 616 1108 or email it to infor@cvtrailrun.co.za or post to PO Box 44634 Claremont 7735, together with proof of EFT payments.

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NAME: C V Trail Run

BANK: First National Bank

BRANCH CODE: 204009
ACCOUNT NUMBER: 62357777477
REFERENCE: Your name



Compulsory number collection will take place at Sportsmans Warehouse Tokai from 12:00 p.m. to 5:00 p.m. on Friday 9th December 2016 and on Saturday 10th December 2016 at Sportsmans Warehouse Rondebosch. However, there will be limited number collections on the day of the race at Cape Academy for numbers not collected from Sportsmans Warehouse. Race numbers will be issued

BRING RECEIPT WHEN COLLECTING YOUR NUMBER

#### **ORDERS**

#### Wine:

21 KM and 11.5 KM runners will be given a free bottle of wine together with your medal at the finish of the race

#### T-Shirt:

Orders for T-shirts must reach us by 28th November 2016 & can be collected when you pick up your number

### RULES FOR 21 KM AND 11,5 KM TRAIL RUNS

No Personal seconding will be permitted and no private vehicle will be allowed on the course. The 21 km race is limited to runners aged 16 and over.

Runners must be self-sufficent and carry enough water and food to sustain them for the entire route. Carry your own water in either a hydration pack or hip-belt bottle holder. There are however, three water tables for the 21 km race, two for the 11.5 km race and one for the fun trail run.

You are advised to carry a cell phone (protected from water).

Race numbers must be worn on the front of running vests. These will include an emergency number to contact in the event of an accident. **Those not wearing the Constantia Valley trail run race number will not be permitted to race.** 

**NO LITTERING.** Please use the toilet facilities provided, prior to the race. However if desperate and nature calls during the race, please use the bush **NOT THE VINEYARDS.** 

Entry fees are non-refundable.

# **PRIZE MONEY**

## FOR THE CONSTANTIA VALLEY TRAIL RUN

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Men & Women	SENIOR	VET OVER 40	MASTER OVER 50	GRANDMASTER OVER 60
1st	R400	R300	R250	R250
2nd	R300	R200	R200	R200
3rd	R200	R150	R150	R150

#### 11,5 km Trail Run

Men & Women	SENIOR	VET OVER 40	MASTER OVER 50	GRANDMASTER OVER 60	JUNIOR
1st	R400	R300	R200	R200	R150
2nd	R300	R200	R150	R150	R100
3rd	R200	R150	R100	R100	R50

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		- VINEYARDS -	
□ Ma	le 🗌 XXL 🗆 XL 🧲	M  L	s $\square$
Fem	ale 🗌		
	□ □ □ Ma	Male XXL XL Female	STEENBERG  - VINEYARDS -

TOTAL	FEE R	
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Limited numbers do not apply to the fun run, you can enter on the day

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## Please write clearly

Surname	First name	
E-mail		_
Date of birth	Age (on race day)	
Contact number	Emergency Contact No	
CATEGORY		
Male Female	Senior 40+ Junior	
NUMBER COLLECTION		

Sportsmans Warehouse Tokai - 9th December 2016 Sportsmans Warehouse Rondebosch - 10 December 2016

Cape Academy on the Day

#### INDEMNITY

I declare that I am an amateur and that I shall participate in this race at my own risk and indemnify the organizers and sponsors of this race against any claims which may result from my participation.

Signature: \_ Guardian (if under 18 years of age)



