

The Constantia Summer Trail Run 2016

A Free bottle of Constantia Valley wine with every 21km or 11.5km entry

Sunday 11th December 2016

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 11.5km 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.

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
- Limited entries; enter early
- You may pre-enter on-line at www.racetraq.co.za or at Sportsmans Warehouse Tokai, Canal Walk or Rondebosch branches up until the 4th of 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.
- Pre-entry closes on 4th December 2016. We will not accept any late entries, or entries on the day, if limited numbers are reached. Late entries, if we accept them, will also incur a late penalty charge.

- 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
- 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-sufficient 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 to 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.

BRING RECEIPT WHEN COLLECTING YOUR NUMBER

ORDERS

Wine:

You will receive your complimentary bottle of wine along with your medal at the finish.

T-Shirt:

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

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

CONTACT INFORMATION

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