

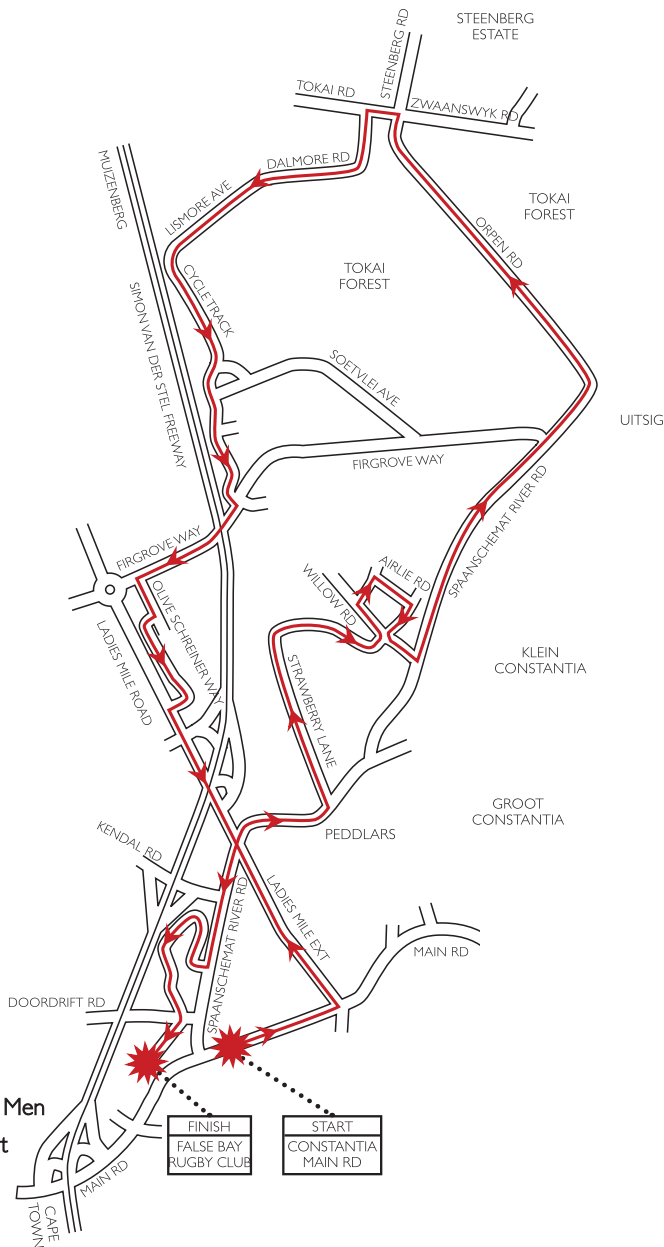
THE CONSTANTIA VILLAGE

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THE CONSTANTIA VILLAGE



ON THE ROAD TO VICTORY

THE CONSTANTIA VILLAGE K-WAY
15 KM ROAD RACE & 5 KM FUN RUN HOSTED BY



Saturday 5 March 2016

Starting times: 15 km Road Race – 6.15 am; 5 km Fun Run – 6.45 am

SIMPLY THE FINEST

The Constantia Village, Cnr Spaanschemat River and Constantia Main Roads, Constantia, 7800
Tel: +27 (0)21 794 5065


SIMPLY THE FINEST

www.constantiavillage.co.za



RISE TO THE CHALLENGE IN THE 15 KM ROAD RACE OR 5 KM FAMILY FUN RUN

The annual Constantia Village K-WayVOB 15 km Road Race is finally here! All the training is behind you now, and the chance to test your metal has arrived. Whether you're competing seriously or just for laughs, everyone's welcome.

Hosted by  , the annual 15 km Road Race shows off the splendour of some of the most scenic routes of the city. Contestants of the race stand the chance to win some fantastic prizes and giveaways, made available by The Constantia Village tenants – including gold medals for the first 10 men and first 10 women to finish, silver for both men and women finishing in positions 11 – 50 respectively and bronze for all remaining finishers of the 15 km race within the cut-off time. Finishers' medals will also be awarded to all participating in the Family Fun Run.

The whole family can join in on the fun, and anybody can participate: Take part in the 15 km Road Race, the 5 km Fun Run, or come and be a spectator to provide the encouragement and support that the runners will need.

THE ROUTE

A Clane Jones device was used to measure the course. The race is run in accordance with ASA and WPA rules. SA's fastest women's time in 2004 was set on this course.

GENERAL INFORMATION

Start: 6.15 am for the 15 km Road Race and 6.45 am for the 5km Fun Run across from the Constantia Village Shopping Centre, Constantia Main Rd, Constantia

Finish: False Bay Rugby Club fields

Cut-off time: 2 hours 30 minutes

Prize-giving: 8.15 am at the False Bay Rugby Club fields

Tog-bag security will be available at the entrance to the Constantia Village Shopping Centre before the start of the race, and you can pick up your bags at the finish. Tog-bag security will be used at runners' own risk. Please ensure that your tog bag is clearly labelled. **Please do not leave any valuables in your car.**

ENTRIES AND PRE-RACE REGISTRATION

Entry fee:

R55 for licensed athletes

R80 for unlicensed athletes

Free entry for 70+ (ASA licence excl.) – proof of age may be required

R25 for 5 km Fun Run

Online entries are available at www.racetraq.co.za at no additional cost (online entries will close on 27 February 2016)

Pre-race number bib collection and late entries will take place at the Cape Union Mart adventure store inside The Constantia Village Shopping Centre on the following days: Thursday 3 March from 10 am – 3 pm; Friday 4 March from 10 am – 3 pm; and on race day between 5 am and 6 am.

All runners are required to collect their official race number bib prior to the start of the race.

UNFORTUNATELY NO SUBSTITUTIONS OR REFUNDS WILL BE PERMITTED.

ENQUIRIES

Please direct any queries to **Charlotte** on **021 761 8887** between 2 pm and 5 pm, Mondays to Fridays.

For more information, visit the website at www.kwayvob.co.za.

PRIZES

MEN & WOMEN	Open	15 – 19	40 – 49	50 – 59	60+	70+
1 st	R1 250	R400	R700	R600	R550	R450
2 nd	R1 000	R300	R550	R450	R400	R300
3 rd	R800	R250	R450	R350	R300	R200
4 th	R450					
5 th	R300					

TEAM PRIZES

OPEN MEN & WOMEN 4 x R400

SPOT PRIZES

Valuable spot prizes can be won in the lucky draw at the prize-giving.

RULES OF THE 15 KM ROAD RACE

- The race will be run in accordance with the rules of ASA and WPA.
- Licensed athletes must run in club colours with their race number bib on the front of their vests and their 2016 licence on the back of their vests.
- Unlicensed athletes must wear their race number bib on the front of their vests and the temporary licence on the back of their vests.
- All entrants must be 15 years or older on the day of the race.
- A race number bib must be in the athlete's possession during the race.
- Age category tags must be worn (40, 50, 60, etc.) on the front and back of the vest, if runners wish to be eligible for age category prizes. Temporarily licensed runners are eligible for age category prizes provided that 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 during the race is strongly discouraged. Any person using such a device in contravention of IAAF Rule 144 3b, or who fails to obey a reasonable instruction from a race official, 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 tables will be provided at regular intervals in accordance with ASA and WPA rules.
- The cut-off time for the race is 150 minutes.
- Club colours must be worn to qualify for team prizes.
- 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 in 1997 or later wearing a junior or senior number must display category tags "J" on the front and back of their vest to qualify for age group prizes. Juniors will count towards open team prizes.
- The organisers, sponsors, landlords, and its employees, agents, representatives, contractors, managers, or any other person acting under the landlord's control (collectively called "the owners"), shall not be responsible or liable for any claim, loss or damage arising or suffered by any person participating in this activity, including but not limited to personal injury or death, or any harm caused to any person or for damages, loss or destruction of any property of any person arising from negligence by the owners or theft or from any other cause whatsoever.