



PRIZES FOR 15 KM LEAGUE WALK

MEN & WOMEN	Open	15 – 19	40 – 49	50 – 59	60 – 69	70+
1 st	R350	R150	R300	R200	R150	R100
2 nd	R225	R100	R200	R100	R100	R75
3 rd	R100	R75	R100	R50	R75	R50

TEAM PRIZES (WALKERS ONLY)

OPEN MEN & WOMEN 4 x R400

WALKING RULES FOR 15 KM

- No running allowed
- Walkers need to display Walker Tags both front and back
- Walkers will be judged according to the IAAF, ASA and WPS race walking rules
- Walking judges will be present
- 15 km League Walk starts 15 minutes after the 5 km Fun Run

MAIN SPONSORS



CO-SPONSORS



ON THE ROAD TO VICTORY

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



Saturday 11 March 2017

Starting times: 15 km Road Race – 6:15 am; 15 km League Walk – 6:30 am; 5 km Fun Run – 6:45 am

SIMPLY THE FINEST

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RISE TO THE CHALLENGE

The annual Constantia Village K-Way VOB 15 km Road Race is finally here! This year we are introducing the first ever 15 km distance League Walk as well! All the training is behind you now, and the chance to test your mettle has arrived. Whether you're competing seriously or just for fun, 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 stand the chance to win 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 – whether you take part in the 15 km Road Race, 15 km League Walk or the 5 km Fun Run, simply or come along to encourage and support the entrants.

THE ROUTE

The route has been officially measured using the Calibrated Bicycle Method and is in accordance with ASA & WPA rules.

GENERAL INFORMATION

Start: 6:15 am for the 15 km Road Race, 6:30 am for the 15 km League Walk and 6:45 am for the Fun Run, opposite Constantia Village Shopping Centre, Constantia Main Rd, Constantia.

Finish: Alphen Field

Cut-off time: 2 hours 30 minutes

Prize-giving: 9:15 am at the Alphen Hall Courtyard

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 or bag.

ENTRIES AND PRE-RACE REGISTRATION

Entry fee:

R70 for licensed athletes

R110 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 4 March 2017). 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 9 March from 10 am to 3 pm; Friday 10 March from 10 am to 3 pm; and on race day between 5 and 6 am. Only cash registrations will take place on Saturday, 4 March from 10 am to 3 pm. Limited late entries may be available at number collection, dependant on the number of pre-entries sold and any capacity restrictions imposed by the relevant authorities.

All runners are required to collect their official race number bib prior to the start of the race. NO SUBSTITUTIONS OR REFUNDS WILL BE PERMITTED.

ENQUIRIES

Please direct any queries to **Charlotte** on **021 761 8887** between 2 and 5 pm, Mondays to Fridays or contact her on email: vobsec@mweb.co.za

For more information, visit www.kwayvob.co.za

PRIZES FOR 15 KM ROAD RACE

MEN & WOMEN	Open	15 – 19	40 – 49	50 – 59	60 – 69	70+
1 st	R1 350	R500	R800	R650	R650	R650
2 nd	R1 100	R400	R650	R500	R500	R500
3 rd	R900	R350	R550	R400	R400	R400
4 th	R550					
5 th	R400					

TEAM PRIZES (EXCLUDES LEAGUE WALK)

OPEN MEN & WOMEN 4 × R450

SPOT PRIZES

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

RULES OF THE 15 KM ROAD RACE AND LEAGUE WALK

- The race will be run in accordance with ASA and WPA rules.
- One race number (bib) will be issued. Registered athletes must wear their ASA licences on front and back of vest. The race number must be worn on front of vest, only partially covering the ASA licence, so that the ASA licence sponsor always remains visible.
- Unlicensed athletes must wear their race number bib on the front of vests and the temporary licence on the back of vests.
- All entrants must be 15 years or older on the day of 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.
- The use of music players with headphones is not allowed and may result in disqualification. 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 1998 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, landlord, and its employees, agents, representatives, contractors, managers, or any other person acting under the landlord's control (collectively called "the owners"), WPA & ASA, shall not be responsible or liable for any claim, costs, 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.
- Temporary license holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
- Temporary licensed athletes must run in clothing without advertising.
- Entry cards must be in the athlete's possession during the race and handed in at the results board at the finish.
- Prize giving will be held at 9:15 am.
- DO NOT LITTER. Dispose of sachets and cups into boxes provided or carry them to the finish. Please report offenders to the Referees. #RUNCLEAN
- Detailed rules are available at www.wpa.org.za or on request from the organisers or the WPA office.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.