



The Constantia Village VOB 15km Road Race

Powered by Totalsports

Proudly a Western Province Athletics Coca-Cola League Race

Saturday 11 March 2023

The Constantia Village Shopping Centre, Constantia

15 Kilometre League Race

15km League Run Start Time: 06:15

15km League Race Walk Start Time: 06:30

Entry Fee (Licensed): R130

Entry Fee (Unlicensed): R190

Online Entries close Friday 3 March 2023

How to Enter

Enter Online at RaceTraq.co.za

Or Scan the QR Code

At Registration by Card, SnapScan or Cash

On Race Day Morning by Card or SnapScan **only**

Race Registration

Venue: The Constantia Village Centre Court
(Opposite the Kauai)

Thursday 9 March: 11:00 – 18:00

Friday 10 March: 11:00 – 18:00

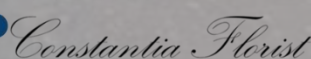
On Race Morning at the Constantia Village:
05:00 – 06:00



Scan to Enter

SHOES FOR GOOD BY JACK BLACK'S

In Partnership with Jack Black, we're calling on the running community to donate used or new running shoes to **Jack Black's Shoes for Good Campaign**. These shoes will be donated to people who really need them, and in Cape Town they'll be donated via the JAG Foundation. Donate at the Collection Points at Registration and on Race Day and stand a chance to win a prize!



Water on the Route

- The event is a plastic-free event.
- For details of the water points visit our website or follow us on social media.
- Discarding of cups or litter along the route will result in disqualification.

Race Rules

1. The race will be run in accordance with the rules of ASA and WPA.
2. Runners must be 15 years or older to enter.
3. Your race pack will include your race number. The number includes a timing chip with a foam backing. Do not bend this, damage it, or remove it or you will not receive a time. Please ensure that you wear this on the front of your vest/t-shirt on race day.
4. One race number (bib) will be issued. Registered athletes must wear their ASA License on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA License, so that the ASA License sponsor remains visible. Temporary licensed runners must wear the race number on the front of their vest and the Temporary License on the back.
5. **You will not be allowed to run on race day if you do not have a valid 2023 ASA License or a Temporary License on your vest. If you have not purchased a Temporary License or have not yet received your 2023 ASA License, please purchase a Temporary License at registration.**
6. At registration, temporary license holders **MUST** complete and hand in the tear off strip from the number to be eligible to compete.
7. Runners are reminded to wear only Club Colours. Runners not wearing Club Colours must run without any advertising.
8. The carrying of any placards or banners of a political, religious or offensive nature will result in disqualification.
9. Age category tags (e.g., J, 40, 50, 60, etc.) must be worn front and back if runners wish to be eligible for age category prizes. Age category tags must be **VISIBLE** throughout the race.
10. All participants wishing to take part in the Walking Event must start in the separate Walkers Start and wear **Walker Tags** or will be deemed to be part of the Running Event. Walking Judges will be present along the course and will look out for these tags.
11. Temporary licensed runners are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
12. Only runners aged 19 years or younger on 31 December 2023 will qualify for junior prizes.
13. 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 provided they wear the appropriate age tag.

14. The use of headphones is not allowed and will result in disqualification.
15. No personal seconding is permitted.
16. Detailed rules are available on www.wpa.org.za or on request from the organizers or the WPA office.
17. Wheelchair athletes must please contact the Organizers before entering the race.
18. Running cut-off time is 09:00 a.m.
19. Walking cut-off time is 09:15 a.m.
20. Tog bag facilities will be available at the start.

Prize Money

No prizes will be paid in cash on race day.

Prizegiving will be held at 09:00 a.m.

Men and Women 15km League Run			
Age Group	1	2	3
Junior	700.00	450.00	300.00
Open	2,000.00	1,000.00	750.00
40 – 49	700.00	450.00	300.00
50 – 59	700.00	450.00	300.00
60 – 69	700.00	450.00	300.00
70+	700.00	450.00	300.00
Men's Team	4 x 250.00		
Ladies' Team	4 x 250.00		

Men and Women 15km League Walk			
Age Group	1	2	3
Open	300.00	200.00	150.00
40 – 49	150.00		
50 – 59	150.00		
60 – 69	150.00		
70+	150.00		

Spot prizes are up for grabs provided by our gracious Sponsors.

Protection of Personal Information

Runners agree that their personal information is provided to the race organisers for the purpose of organizing the event and that such information may be shared with RaceTraq and FinishTime for the purposes of entering the race and timing.

Disclaimer

Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletics bodies and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event.

Queries? Please contact René Dick at Secretary@totalsportsvob.co.za

Website: www.kwayvob.co.za | Social Media @TotalsportsVOBrunningclub