



**KLEIN
CONSTANTIA**
— 1685 —

CONSTANTIA VALLEY TRAIL RUN

A unique opportunity to purchase a superb
bottle of Wine on offer from
The Constantia Valley Estates for only R50

*Constantia
Uitsig*

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

Sunday 1st May 2016

Starting Times from 08h00 (see overleaf)

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



winning starts here!

CONSTANTIA VALLEY 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 - 8:00 am

11.5 km trail run - 8:10 am

4.5 km fun trail run - 8:20 am

Parking will be at the Cape Academy

PRIZE GIVING TIME

10:00am

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 24th April 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.

NAME: C V Trail Run
BANK: First National Bank
BRANCH CODE: 204009
ACCOUNT NUMBER: 62357777477
REFERENCE: Your name

EST. 1885
GROUPE
CONSTANTIA
LANDSCAPE - ESTATE

Pre-entry closes on 24th April 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 29th April 2016 and on Saturday 30th April 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:

Orders for wine must reach us by 24th April, a wine voucher will be issued at number collection and you may collect wine at Uitsig between 10.00 AM and 6.00 PM on the day of the race, or from Wednesday to Sunday between 10.00 am and 6.00 pm up until the end of May

T-Shirt:

Orders for T-shirts must reach us by 17th April 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-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.

PRIZE MONEY

FOR THE CONSTANTIA VALLEY TRAIL RUN

21 km Trail Run			11,5 km Trail Run			
Men & Women	SENIOR	VET OVER 40	Men & Women	SENIOR	VET OVER 40	JUNIOR
1st	R400	R300	1st	R250	R200	R150
2nd	R300	R200	2nd	R200	R150	R100
3rd	R200	R150	3rd	R150	R100	R50

ENTRY FEES FOR EVENTS

21km trail run	R200	<input type="checkbox"/>
11,5 km trail run	R120	<input type="checkbox"/>
4.5 km fun run	R60	<input type="checkbox"/>
T-shirt	R200	<input type="checkbox"/>
A bottle of Constantia Valley wine	R50	<input type="checkbox"/>

Male XXL XL M L S
 Female



TOTAL FEE R _____

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

ENTRY FORM

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 - 29 April 2016

Sportsmans Warehouse Rondebosch - 30 April 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)

