

<b>Surname</b>	_____	<b>First name</b>	_____
<b>E-mail</b>	_____	<b>Contact Tel.</b>	_____
<b>Licence No.</b>	_____	<b>Age (on race day)</b>	_____
<b>Name of Club</b>	_____	<b>ID No.</b>	_____
<b>Date of Birth</b>	_____	<b>Emergency Contact No.</b>	_____
<b>Emergency Contact Name</b>	_____		

**ENTRY FORM FOR 21.1km & 14km RACES**

**Category**

MALE  FEMALE

16-19  20-39  40-49

50-59  60-69  70+

**PRE-ENTRY REGISTRATION**

At which venue will you be registering?

Cape Union Mart, Canal Walk Adventure Centre (Fri. 16 Oct, 11h00-15h00)

Cape Union Mart, Constantia Village (Sat. 17 Oct, 11h00-15h00)

Alphen Centre, Constantia (Sun. 18 Oct, from 5h00)

**ALL PRE-ENTRIES CLOSE 9 OCTOBER.**  
5km Family Fun Run: Enter at registration or on the day and the Alphen Centre.

**Indemnity**

I shall participate in this race at my own risk and indemnify the WPA, organisers and sponsors of this race against any claims which result from my participation.

Signature: \_\_\_\_\_

Guardian (if under 18 years): \_\_\_\_\_

**ENTRY FEES (includes online entry fee)**

	21.1km	14km
<b>CLUB MEMBERS</b>	R70 <input type="checkbox"/>	R55 <input type="checkbox"/>
<b>NON CLUB MEMBERS (includes temporary licence)</b>	R105 <input type="checkbox"/>	R80 <input type="checkbox"/>

**FEE** \_\_\_\_\_

No pre-entry for Fun Run (enter at registration or on day).

**ENTRY:**

- Online at [www.racetraq.co.za](http://www.racetraq.co.za)
- By post to K-Way VOB CVGR, PO Box 55, Plumstead, 7801
- By fax to 086 616 1108. Fax a completed entry form along with a copy of your deposit slip.

**PAYMENT:**

You may pay by direct transfer.  
Bank details: FNB Bank  
Branch Name: Plumstead  
Acc. No.: 74437474138  
Acc. Name: Varsity Old Boys RC.  
No Postal orders. No cheques.  
Fax or e-mail confirmation of payment to 086 616 1108 / [vobsec@mweb.co.za](mailto:vobsec@mweb.co.za).  
Reference for payment: CVGR, plus your name and initials.

Bring confirmation of payment to registration. Online pre-entries close on 9 October 2015 or when limited numbers are reached. Postal or fax entries must be received by 4 October 2015.



Supported by the Constantia Property Owner's Association: [www.constantiaipoa.co.za](http://www.constantiaipoa.co.za)

## THE ROUTE

The K-Way Constantia Valley Grape Run is arguably the most beautiful route in the Western Cape. Whilst the 21km course is challenging as it leads one through the historic wine farms of Groot Constantia, Klein Constantia, Buitenverwachting and Constantia Uitsig, the effort is all worthwhile once you reach the highest points and look out over the Constantia Valley below. The recently added and exciting 14km route follows most of the original Grape Run route, but only includes the lower sections of the vineyards, thus cutting out the hillier parts of the race and allowing newer runners or those returning from injury, to still have the opportunity to run in one of the most beautiful areas in Cape Town. The course has been measured and certified using a Clane Jones Device. Regrettably the course is uneven underfoot in certain areas and therefore this race is not suitable for wheelchairs, prams or social walkers.

## GENERAL INFORMATION

**START:** 06h30 for the 21.1km race, 07h00 for the 14km race and 07h45 for the Family Fun Run. All races start across from the Alphen Centre, Main Road, Constantia.

**PRIZEGIVING:** 09h30 at the Alphen Centre.

**CUT-OFF TIMES:** 3h30 for the 21.1km race, 2h30 for the 14km race.

The number of entrants is limited to 2000 ie. 1000 entrants for each race.

**Medals will be awarded as follows:** Gold to first 10 men and first 10 women; Silver for men in position 11-50 and for women in position 11-50; Bronze to all remaining finishers in the 14km and 21.1km races, the Fun Run runners will receive their own medal.

**Lots of spot prizes** donated by our sponsors.

**Tog bag security** will be available for use at runner's own risk. Please ensure that your tog bag is clearly labelled. Tog bag security will be available at the Alphen Centre.

Special permission has been granted to run over the wine farms. Runners are NOT permitted to run on these farms at any other time.

All sachets and litter must be put in the bins on the route or carried by the runners.

No discarded sachets or litter whatsoever will be allowed on the route.

**Runners seen littering will be disqualified.**

**FAMILY FUN RUN:** No pre-entries, enter on the day at the Alphen Centre, entry fee is R25.

## ENTRY INFORMATION

- No additional fee to pre-enter online (at [www.racetraq.co.za](http://www.racetraq.co.za)) or by fax (0866161108) or post (no cheque payments accepted).
- Free Entry to 70+. Proof of age may be required.
- Online pre-entries close on the 9 October 2015 or when limited numbers are reached.
- Postal or fax entries must be received by 4 October 2015.
- Race day entries – from 05h00 at the Alphen Centre.
- Family Fun Run entries – enter on the race day from 05h00 at the Alphen Centre.
- Race bibs collection: It is recommended that you collect your race bib at Cape Union Mart Canal Walk ADVENTURE CENTRE from 11h00 to 15h00 on Friday 16 October 2015 or at Cape Union Mart Constantia from 10h00 to 14h00 on Saturday 17 October 2015. However there will be limited registration for runners at the Alphen Centre from 05h00 on the day of the race.
- PLEASE INDICATE ON THE ENTRY FORM WHERE YOU WISH TO REGISTER.
- No substitutions are allowed. Regrettably no refunds.

## ENQUIRIES

- Visit the website: [www.kwayvob.co.za](http://www.kwayvob.co.za)
- Enquiries to Charlotte at tel 021 761 8887; or e-mail [secretary@kwayvob.co.za](mailto:secretary@kwayvob.co.za)

## RULES FOR THE 21.1km & 14km RACES

- The race will be run in accordance with the rules of ASA and WPA.
- Licensed athletes should run in club colours and must have the race bib on the front of their vests and 2015 licences on the back of their vests.
- Unlicensed runners must wear the race bib on the front and a temporary licence number on the back of their vests. These will be included in their race packages. Unlicensed runners must run in plain coloured clothing without advertising.
- All entrants must be 16 years or older for the 21.1km and 15 years and older for the 14km race on the day of the race in order to enter.
- Entry bibs must be in the athletes' possession during the race.
- Age category tags (eg. J, 40, 50, 60 etc.) must be worn front and back if runners wish to be eligible for age category prizes. 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.
- For safety reasons the use of personal music players during road races is strongly discouraged. Any person using such device in contravention of IAAF Rule 144.3b 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 stations will be provided at regular intervals in accordance with the rules of ASA and WPA.
- 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 will count towards Open team prizes.
- Club colours must be worn to qualify for team prizes.

## PRIZES

### MEN & WOMEN 21.1km RACE

	1st	2nd	3rd
Junior	No junior prizes		
Open	625	500	380
40-49	350	280	165
50-59	350	280	165
60-69	300	200	100
70+	250		
Open Men	4 x 200		
Open Women	4 x 200		

### MEN & WOMEN 14km RACE

	1st	2nd	3rd	4th	5th
Junior	200	150	125	100	75
Open	350	300	250		
40-49	250	200	100		
50-59	250	200	100		
60-69	200	150	75		
70+	150				
Open Men	Junior Men 3 x 75				
Open Women	Junior Women 3 x 75				