

# **12<sup>th</sup> Constantia Valley Grape Run - 2015**

## **GENERAL INFORMATION**

- START: 6:30 for the 21.1km race, 7:00 for the 14km race, and 7:45 for the Family Fun Run. All races start near Alphen Centre, Main Road, Constantia.
- PRIZE GIVING: 9:30 at the Alphen Centre.
- CUT-OFF TIMES: 2:30 for the 14km race and 3:30 for the 21.1km race.
- Medals will be awarded to all finishers in both races:
  - 10 Gold medals for the first 10 men.
  - 40 Silver medals for the next 40 men.
  - 10 Gold medals for the first 10 women.
  - 40 Silver medals for the next 40 women.
  - Bronze medals for the remainder of Men and Women finishing within the cut-off times.
- Lots of spot prizes.
- Tog bag security will be available at the entrance to Constantia Village Shopping Centre before the race, and at the Alphen Centre after the race. The facility will be available for use at runner's own risk. Please ensure that your tog bag is clearly labeled.
- 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-entry, enter on the day or at registration, entry fee is R25.
- Please do your shopping at Constantia Village in return for them allowing us to use their facilities.

## **ENTRY INFORMATION**

- Family Fun-run entries – enter on race day from 04:45 at the Alphen Centre.
- Compulsory registration: It is recommended that you collect your race bib at Cape Union Mart Canal Walk Adventure Centre from 11h00 to 15h00 on Friday 16<sup>th</sup> October 2015 or at Cape Union Mart Constantia from 11h00 to 15h00 on Saturday 17<sup>th</sup> October 2015. However there will be limited registration for runners at the Alphen Centre after 04h45 on the day of the race.
- All pre-entries close on 9th October 2015
- Entries are limited to 1000 in each race.

## **ENQUIRIES**

- Enquiries to Charlotte at tel 021-761-8887; or email [vobsec@mweb.co.za](mailto:vobsec@mweb.co.za)
- Visit the website: <http://www.kwayvob.co.za>

## **RULES FOR THE 21.1KM AND 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 number in the front and 2015 licences on the back of their vests.
- Unlicensed runners must wear the race number in 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 or older for the 14km race on the day of the race in order to enter.
- Race bibs must be worn by the athletes for the duration of 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 144.2b 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.