

THE ROUTE

The K-Way Constantia Valley Grape Run is arguably the most beautiful route in the Western Cape. The 14km and 21km courses have been measured and certified using a Clane Jones Device. The courses are uneven underfoot in certain areas and therefore athletes should contact the organizers to discuss their possible participation, if uncertain.

“RUN CLEAN – BRING YOUR OWN WATER”

As this event is run primarily on the paths and trails of the Constantia Valley wine farms, this race has been declared a plastic free event and with special permission of the WPA Road Running Commission, there will be limited water stations as follows:

14km race:	21km race:
water refill at 3.5km	water refill at 3.5km
water refill at 7.5km	water refill at 7.5km
water refill and Coke at 10.5km	water refill and Coke at 14.5km
	water refill and Coke at 18.5km

- **There is no water available between the 7.5km and 14.5km marks on the 21.1km route. Participants are therefore encouraged to bring their own bottle or hydration pack.**
- All Coke/water will be served in paper cups and must be consumed at the water stations.
- Discarding of any cups or other rubbish in the vineyards will lead to instant disqualification.

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 woman; 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 labeled. 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 litter must be put in the bins on the route or carried by the runners.

Runners seen littering will be disqualified.

FAMILY FUN RUN: enter at registration or on the day at the Alphen Centre, entry fee is R25.

ENTRY INFORMATION

- Enter online at www.racetraq.co.za. No additional fee to pre-enter online.
- Free Entry to 70+. Proof of age may be required.
- Online pre-entries close on the 24 September 2016 or when limited numbers are reached.
- Postal or fax entries must be received by 20 September 2016 (see more info on the back page).
- Race day entries (if maximum numbers are not reached) - from 05h00 at the Alphen Centre, Constantia.
- Family Fun Run entries - enter at registration or on race day from 05h00 at the Alphen Centre, Constantia.
- 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 31 September 2016 or at Cape Union Mart Constantia from 11h00 to 15h00 on Saturday 1 October 2016.
- 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.
- Enquiries to Charlotte at tel; 021 761 8887; or e-mail 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, including special permission from RR commission.
- Licensed athletes should run in club colours and must have the race bib on the front of their vests and 2016 license on the back of their vests.

- Unlicensed runners must wear the race bib on the front and a temporary license 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. Temporary license holders when registering must complete and hand in the tear off strip from the number in order to be covered by the ASA accident insurance.
 - 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.
 - Race bibs must be displayed on the athlete's chest 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 with headphones during road races is not allowed. Any person using such device in contravention of IAAF Rule 144.3b 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 limited – see information on previous page.
 - 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 1997 or later) wearing a senior or junior license must display category tags (J) to qualify for age group prizes (14km race). Juniors will count towards open team prizes in the 21km.
 - Club colours must be worn to qualify for team prizes.
- Detailed rules are available on www.wpa.org.za or on request from the organizers or the WPA office.

MEN & WOMEN 21.1KM RACE

	1 st	2 nd	3 rd
Junior	No junior prizes		
Open	700	500	400
40-49	400	300	200
50-59	400	300	200
60-69	400	300	200
70+	250	180	
Open Men	4 x 200		
Open Women	4 x 200		

MEN & WOMEN 14KM RACE

	1 st	2 nd	3 rd	4 th	5 th
Junior	300	200	150	120	85
Open	450	300	250		
40-49	300	200	100		
50-59	300	200	100		
60-69	300	200	100		
70+	150	70			
Open Men	Junior Men		3 x 100		
Open Women	Junior Women		3 x 100		