

Surname	_____	First name	_____
E-mail	_____	Contact Tel.	_____
Licence No.	_____	Age (on race day)	_____
Name of Club	_____	Nationality	_____
Date of Birth	_____	ID No.	_____
Emergency Contact Name	_____	Emergency Contact No.	_____
Medical Aid	_____	Medical Aid No.	_____



Constantia Valley

Grape Run



BRING YOUR OWN WATER (for more info see the inside of the flyer)

Half Marathon 6.30am / 14km Run 7.00am

ENTRY FORM FOR 21.1km & 14km RACES

Category

MALE FEMALE

Junior 20-39 40-49

50-59 60-69 70+

PRE-ENTRY REGISTRATION

You can collect your race number at any of the following venues. All race numbers will be taken to all venues.

- Cape Union Mart, Canal Walk Adventure Centre (Fri. 5 Oct, 11h00-15h00)
- Cape Union Mart, Constantia Village (Sat. 6 Oct, 11h00-15h00)
- Alphen Centre, Constantia (Sun. 07 Oct, from 5h00)

ALL PRE-ENTRIES CLOSE 29 September.

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
CLUB MEMBERS	R90 <input type="checkbox"/>	R70 <input type="checkbox"/>
NON CLUB MEMBERS (includes temporary licence)	R145 <input type="checkbox"/>	R115 <input type="checkbox"/>

FEE _____

ENTRY:
 - Online at 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: Standard Bank
 Branch Name: Blue Route
 Acc. No.: 270093036
 Acc. Name: Race Traq.
No Postal orders. No cash deposits. No cheques.
 Fax or e-mail confirmation of payment to 086 616 1108 / secretary@kwayvob.co.za
 Reference for payment: CVGR, plus your name and initials.

Bring confirmation of payment to registration.
 Online pre-entries close on the 29th of September 2018 or when limited numbers are reached.
 Postal or fax entries must be received by the 25th of September 2018.



Supported by the Constantia Property Owner's Association: www.constantiapoa.co.za

THE ROUTE

The K-Way Constantia Valley Grape Run is arguably the most beautiful route in the Western Cape. The 21km course is somewhat challenging as it leads one through the historic wine farms of the Constantia Valley. The courses have been measured and certified using a Clane Jones Device. Both courses are uneven underfoot in certain areas and therefore athletes should contact the organizers to discuss their possible participation if they are unsure.

"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.

ENTRY & GENERAL INFORMATION

START: 06h30 for the 21.1km race and 07h00 for the 14km race. 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. 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.

Runners seen littering will be disqualified. Do not Litter. Dispose cups responsibly by using the boxes provided. Report offenders to the referee's. #RunClean

- 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 29 September 2018 or when limited numbers are reached.
- Postal or fax entries must be received by 25th September 2018 (see more info on the back page).
- Race day entries (if maximum numbers are not reached) - from 05h00 at the Alphen Centre, Constantia.
- No substitutions are allowed. Regrettably no refunds.
- Visit the website: www.kwayvob.co.za for more information.
- Enquiries to Charlotte at tel 021 761 8887; or e-mail secretary@kwayvob.co.za

Disclaimer: Participants take part at their own risk and indemnify the organisers, sponsors and provincial and national athletics bodies against any claims that may result from their participation in the event.

RULES FOR THE 21.1km & 14km RACES

- The race will be run in accordance with the rules of IAAF, ASA and WPA, including special permission from RR commission.
- One race number (bib) will be issued. Registered athletes must wear their ASA licenses on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA license sponsor remains visible.
- 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 eligible to compete.
- All entrants must be 16 or older for the 21.1km and 15 or older for the 14km 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.
- The use of music players with headphones is not allowed and may result in disqualification.
- 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 1999 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.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

PRIZES

	MEN & WOMEN 21.1km RACE			MEN & WOMEN 14km RACE				
	1st	2nd	3rd	1st	2nd	3rd	4th	5th
Junior	No junior prizes			600	400	300	250	200
Open	1100	800	650	800	600	500		
40-49	600	500	300	500	400	250		
50-59	600	500	300	500	400	250		
60-69	600	500	300	500	400	250		
70+	600	400	300	450	300	200		
Open Men	4 x 200			Junior Men 3 x 150				
Open Women	4 x 200			Junior Women 3 x 150				

Hand-outs to all finishers in cut off time.