



# Table Mountain 16

Totalsports VOB in partnership with Devil's Peak Beer Company

**Sunday 23 June 2024**

**16 KILOMETRE TRAIL RACE**

**START TIME** 08:00 a.m.

**ENTRY FEE** R440

Online entries close Friday 14 June 2024

## How to Enter

Enter online at [RaceTraq.co.za](https://RaceTraq.co.za) Or scan the QR code

Entries are limited to **250** Runners



## Race Registration

Venue: Totalsports VOB Clubhouse

Constantia Sports Complex, Constantia Main Road,

Constantia on race day morning: 06:00 a.m. to 07:00 a.m.

**No late entries will be accepted**



Race Sponsors:

**TOTALSPORTS**



**LA PARADA**

**SALOMON**



CITY OF CAPE TOWN  
ISIXEKO SASEKAPA  
STAD KAAPSTAD



# General Information

- The entry includes the SANParks conservation fee and the compulsory shuttle service from registration to the race start. A complimentary coffee will be available at La Parada before the event.
- Registration will take place at the Totalsports VOB Running Club clubhouse at the Constantia Sports Complex, Constantia Road, Constantia from 06:00 to 07:00. **Race numbers not collected by 07:00 will be re-allocated.**
- Secure parking will be provided at the Constantia Sports Complex. **Runners may not park at Constantia Nek or at La Parada Restaurant.**
- Please enter online at [www.racetraq.co.za](http://www.racetraq.co.za). No additional fees are payable for online entries.
- The start and finish of the race are at La Parada Restaurant. Please ensure that the instructions of marshals are followed at all times. It can get cold on the mountain, suitable gear should be worn and runners are encouraged to carry a windproof jacket.
- Please ensure that you carry a hydration pack or water bottle. A refilling point will be available just after crossing the Woodhead Dam. **No cups or sachets will be provided.**
- **Prize-giving will take place at 10:00.** (There will be no cash prizes but product from our sponsors. All finishers will receive a goodie bag from our sponsors.)
- **Please contact Rene Dick at [secretary@totalsportsvob.co.za](mailto:secretary@totalsportsvob.co.za) if you have any queries.**

## Race Rules

- The event will be run in accordance with the ASA rules for trail running as well as the conditions specified by SANParks. No ASA licences need be displayed. The race bib must be worn on the front of the vest. Club colours are optional.
- All entrants must be 18 or older on the day of the race.
- To be eligible for age category prizes, age category tags must be worn and visible on the front and back of the upper garment for the entire duration of the race. In addition to Open prizes, athletes will only be available for one category prize in the age category they enter. Age category prize winners will not be eligible for spot prizes.
- The prize for **King/Queen of the Mountain** will be awarded to the first male/female person to reach the highest point on the course.
- No personal seconding will be permitted.
- Tog bag facilities will be available at La Parada.
- Cut-off time is **2 hours 30 minutes**. Runners requested to stop on the course must take a lift back to the finish with the marshals.
- Absolutely no littering will be tolerated. Anyone seen or reported doing so will be disqualified and barred from future events. What you take up the mountain, you must bring down.
- In the event of a cancellation, due to circumstances beyond our control, entry fees will be forfeited.