



THE CONSTANTIA VILLAGE

# The Constantia Village K-Way VOB 15km

**Saturday**

**12 March  
2022**



CARRY YOUR OWN WATER (for more info please see page 2)

**15km Run – first start 06.10am**  
(social walkers welcome)



## THE ROUTE

The Constantia Village K-Way 15 km race provides runners and walkers with the opportunity of enjoying a fast course in preparation for the Two Oceans Marathon and Half Marathon. The current course was first run in March 2020 with course records set that year of 47:53 for men and 55:04 for women.

The race starts at The Constantia Village Shopping Centre with a fast first 10km. After two short uphill, the course makes its way down to a rapid finish at the Alphen Common where records and PB can be broken. The total elevation gain over 15km is only 127m.

### RUN CLEAN. CARRY YOUR OWN WATER.

This race continues our mission of reducing water and plastic waste. No water sachets will be provided. Cups of water will be provided at 5km and 10km. Coca Cola will be provided at the 10km water table.

Participants are encouraged to bring their own bottle/cup or hydration pack. A refilling point will be available at 10km.

**Discarding of any cups or other rubbish along the route will result in instant disqualification.**

## ENTRY AND REGISTRATION

### Entries

Entries will only be accepted online. Enter online at [www.racetraq.co.za](http://www.racetraq.co.za). No additional fee to enter online. No entries will be accepted at registration or on race day.

**In accordance with COVID-19 protocols, the total number of runners is limited to 2000 runners.**

Entries will close when this limit is reached or on Thursday 3 March 2022.

Entry fees are as follows:

	<b>15km</b>
Licensed runners	R140
Unlicensed runners*	R190

*In accordance with ASA rules, unlicensed runners are required to purchase a temporary license.*

### Registration

Registration will take place on Thursday, 10 March and Friday, 11 March 2022. Registration will be open from 11:00 until 18:00.

**No entries will be allowed at registration or on race day.**

The Cape Union Mart stores at The Constantia Village and Canal Walk Adventure Store will host registration.

Runners are required to select a registration date and registration venue. This allows for social distancing in line with the COVID-19 protocols.

**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.**

# IMPORTANT: COVID-19 PROTOCOLS

Before arriving at registration, all runners are required to have completed the online COVID-19 screening form to enable contactless screening. Temperatures will be taken at registration. Runners who fail screening will not be issued with a race number. Runners who do not complete the COVID-19 screening or refuse to complete the screening for whatever reason (including POPIA) will be refused entry to the race. No refund will be payable. (Runners are referred to the POPIA waiver at the end of this document.)

No substitutions or refunds will be permitted. Runners who test positive for the COVID-19 virus in the week prior to the race may request deferment of their entries to a future event. Proof of a positive test result may be requested.

## RACE DAY

### Parking

Runners **may not park** in the following areas:

- ✗ Along Spaanschemaat River Road from Constantia Main Road to Ladies Mile Road
- ✗ Along Constantia Main Road from Spaanschemaat Road to Pagasvlei Road

Designated parking areas will be indicated by signage and marshals. Please obey the instructions of the marshals and signage.

**LIMITED PARKING** is available in The Constantia Village on the day.

Please respect our neighbours and do not park in their driveways, block their driveways or park on their grass.

### Arriving at the venue

All runners must enter The Constantia Village via the Doordrift Road entrance.

### Screening

All runners must be screened before entering their batches. Please ensure that you enter the mall through the MTN entrance for screening. You will be directed to the start area once you have been screened. Please refer to the detailed COVID-19 rules.

Please ensure that you have used the ablution facilities (available at the Alphen Common) before entering The Constantia Village. Once you have been screened you will not be allowed to exit.

### Tog bag facility

A tog bag facility will be available at the start.

## UNDERSTANDING BATCH STARTS

The race start will utilize batch starts to facilitate social distancing. Runners in batch A must be in the Start Area by 06:05. Please ensure that you are present at least 6 minutes before the start time below. Please note that the latest arrival time for runners is, however 06:20 for all runners.

A	B	C	D	E	F	G	H	I
06h10	06h13	06h16	06h19	06h22	06h25	06h28	06h31	06h34

### On the course

No personal seconding or spectators are allowed on the course. **Runners who litter on the course will be disqualified.**

## PRIZES FOR 15KM RACE AND WALK

Men & Women	Open	15 - 19*	40 - 49	50 - 59	60 - 69	70+
1 <sup>st</sup>	R1 500	R750	R750	R750	R750	R750
2 <sup>nd</sup>	R1 000	R500	R500	R500	R500	R500
3 <sup>rd</sup>	R800	R400	R400	R400	R400	R400

\*Juniors must be 19 or younger on 31 December 2022.

## At the finish

Please indicate on your entry if you would like to receive a medal or make a donation to the K-Way VOB Development Fund. Your race number will indicate your choice. Please make your way to the medal table at the finish to receive your medal if you have chosen to receive a medal.

Coke and water will be available at the finish.

Runners are required to move through the finish area as quickly as possible.

**No congregating is allowed at the finish.**

## RACE RULES

The race will be run in accordance with the rules of ASA and WPA, including special permission from the Road Running commission.

One race number (bib) will be issued. The race number includes a disposable electronic timing chip. Runners must not bend or damage this chip. Runners who damage the chip will be excluded from the results and will not qualify for prizes.

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 license, 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-colour clothing without advertising.

All entrants must be 15 or older.

Age category tags (e.g., J, 40, 50, 60, etc.) must be worn front and back if runners wish to be eligible for age category prizes. Runners may only win prizes in one category.

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.

Only runners age 19 or younger on 31 December 2022 will qualify for junior prizes.

The use of headphones is not allowed and may result in disqualification.

No personal seconding will be permitted.

Refreshment stations will be limited – see information on page 2.

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.

Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organizers or the WPA office.

Wheelchair athletes are requested to contact the race organizer before entering the race.

## PRIZES

Only runners seeded in batch A will be eligible for overall prizes. Seeding is at the discretion of the race organisers. Prizes in age categories will be awarded based on the electronic timing used for the race provided that runners are required to indicate their correct age on entry and wear age tags.

Prize giving will be held at the discretion of the race organizer.

## Protection of Personal Information

Runners agree that their personal information may be provided to the race organisers for the purpose of organizing the event. The race organisers have partnered with Finish Time Event Management (Pty) Ltd and Racetraq to manage the event. All information provided to these providers will be used for the purposes consistent with management of the event. Runners agree that these providers may share their information with the race organisers and that the race organisers may share their data with the providers for the purposes of managing the event. Runners furthermore agree that their data may be used to provide statistics to Athletics South Africa, the City of Cape Town and the Western Cape Government in such format as required by these bodies.