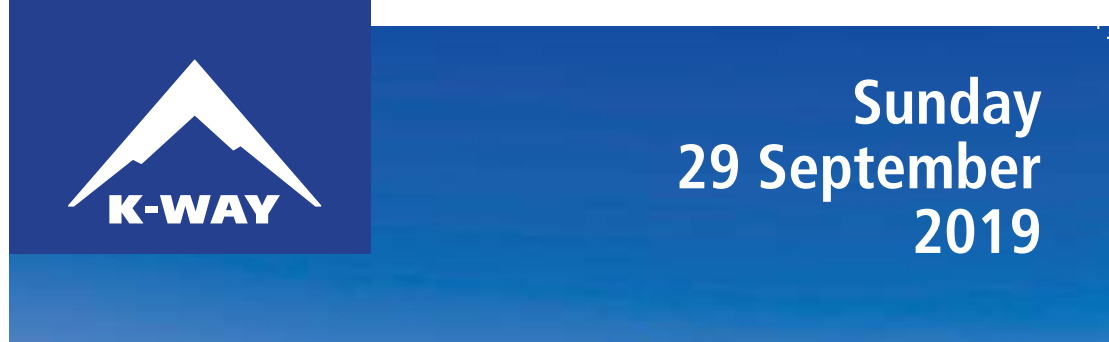


Surname	_____	First name	_____
E-mail	_____	Contact Tel.	_____
Licence No.	_____	Age (on race day)	_____
Name of Club	_____	Nationality	_____
Date of Birth	_____	ID No.	_____
Emergency Contact Name	_____	Emergency Contact No.	_____
Medical Aid	_____	Medical Aid No.	_____



# Constantia Valley

# Grape Run



**CARRY 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. 27 Sept, 11h00-15h00)
- Cape Union Mart, Constantia Village (Sat. 28 Sept, 11h00-15h00)
- K-Way VOB Clubhouse, Virgin Active Constantia Sports Complex, Constantia Main Rd (Sun. 29 Sept, from 05h00)

ALL PRE-ENTRIES CLOSE 21 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 (No additional fee to enter online)

	21.1km	14km
CLUB MEMBERS	R110 <input type="checkbox"/>	R90 <input type="checkbox"/>
NON CLUB MEMBERS (includes temporary licence)	R170 <input type="checkbox"/>	R140 <input type="checkbox"/>

### FEE

\_\_\_\_\_

### ENTRY:

- Online at [www.racetraq.co.za](http://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](mailto: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 21st of September 2019 or when limited numbers are reached. Postal or fax entries must be received by the 17th of September 2019.



Supported by the Constantia Property Owner's Association: [www.constantiapoa.co.za](http://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 – CARRY 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, 07h00 for the 14km race. All races start across from the Alphen Centre, Main Road, Constantia.

PRIZEGIVING: 09h30 at the Alphen Common.

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 start.

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

- Enter online at [www.racetraq.co.za](http://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 21st September 2019 or when limited numbers are reached.
- Postal or fax entries must be received by 17th September 2019 (see more info on the back page).
- Race day entries (if maximum numbers are not reached) - from 05h00 at the K-Way VOB Clubhouse, Virgin Active Constantia sports complex, Constantia Main Road.
- No substitutions are allowed. Regrettably no refunds.
- Visit the website: [www.kwayvob.co.za](http://www.kwayvob.co.za) for more information.
- Enquiries to Charlotte at tel 021 761 8887; or e-mail [secretary@kwayvob.co.za](mailto: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 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 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 2000 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](http://www.wpa.org.za) or on request from the organizers or the WPA office.
- Wheelchair athletes must please contact the organisers to discuss arrangements.

## PRIZES

	MEN & WOMEN 21.1km RACE			MEN & WOMEN 14km RACE				
	1st	2nd	3rd	1st	2nd	3rd	4th	5th
Junior	No junior prizes			400	300	200	100	50
Open	700	600	500	550	450	350		
40-49	500	400	300	450	350	200		
50-59	500	400	300	450	350	200		
60-69	500	400	300	450	350	200		
70+	500	400	300	450	350	200		
Open Men Team	4 x 200			Junior Men Team		3 x 150		
Open Women Team	4 x 200			Junior Women Team		3 x 150		

Medals to all finishers in cut off time.