

NEW VENUE!



TOTALSPORTS
VOB
Running Club

TABLE MOUNTAIN 16 16KM

**CHALLENGING RUNNERS
SINCE 1977**

START TIME: 08:00 A.M

SUNDAY 21 JUNE 2026

ENTRY R495

**CHALLENGE
YOURSELF**

*in this classic 820m climb
around the dams on
Table Mountain*

RACETRAQ.CO.ZA



Venue: Constantia Glen

**EXCITING NEW VENUE WITH
AN AMAZING SETTING**

TOTALSPORTS



**CONSTANTIA
GLEN**



**CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD**

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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 Constantia Glen 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.**
- Please enter online at: www.racetraq.co.za. No additional fees are payable for online entries.
- The start and finish of the race are at Constantia Glen 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 there will be products and vouchers from our sponsors).
- **Please contact René Dick at 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.
- **NO DOGS and NO MUSIC PLAYERS OF ANY KIND.**