



**Constantia Valley**

**Grape Run**



**Sunday  
19 October  
2014**

**Half Marathon 6.30am / 14km Run 7.00am**

**4.5km Family Fun Run 6.35am**



1655  
**CONSTANTIA VALLEY**  
*Cape Town's Vineyard*

**Supported by the Constantia Property Owner's Association: [www.constantiapoa.co.za](http://www.constantiapoa.co.za)**



## THE ROUTE

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The race – sponsored by the Constantia Valley vineyards, K-Way and Flyer Designed by Tracy Forbes – is run over a very challenging but arguably the most beautiful route in the Western Cape. The course leads one through the historic wine farms of Groot Constantia, Klein Constantia, Buitenverwachting and Constantia Uitsig and hence is uneven underfoot in certain areas. The exciting 14km route will follow most of the standard Grape Run route, but it will only include the lower sections of the vineyards, thus cutting out the hillier parts of the race, but still giving participants the opportunity to run in one of the most beautiful areas in Cape Town. The course has been measured and certified using a Clane Jones Device. Regrettably this race is not suitable for wheelchairs or social walkers.



## GENERAL INFORMATION

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- START: 6h30 for the 21.1km, 7h00 for the 14km race and 6h35 for the Family Fun Run. All races start across from the False Bay Rugby Club, Main Road, Constantia.
- PRIZE GIVING: 9h30 at the False Bay Rugby Club fields.
- CUT-OFF TIMES: 2h30 for the 14km race and 3h30 for the 21.1km race.
- The number of entrants is limited to 2000 runners.
- Medals will be awarded as follows: Gold to first 10 men and first 10 women; Silver for men in position 11-50 and for women in position 11-50.; Bronze to all remaining finishers.
- 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 entrance to the Constantia Village Shopping Centre before the start and you can pick up your bags at the finish at the FBRC clubhouse.
- Special permission has been granted to run over the wine farms. Runners are NOT permitted to run on these farms at any other time.
- All sachets and litter must be put in the bins on the route or carried by the runners. No discarded sachets or litter whatsoever will be allowed on the route. Runners seen littering will be disqualified.
- Family Fun Run: No pre-entries, enter on the day at the Constantia Village Shopping Centre, entry fee is R25.



## ENTRY INFORMATION

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- No additional fee to pre-enter online (at [www.racetraq.co.za](http://www.racetraq.co.za)) or by fax (0866161108) or post (no cheque payments accepted).
- Online pre-entries close on the 10th of October 2014 or when limited numbers are reached.
- Postal or fax entries must be received by 3rd of October 2014.
- Race day entries (only if the entry limit has not been reached) – from 4h45 at the Constantia Village Shopping Centre.
- Family Fun Run entries – enter on the race day from 4h45 at the Constantia Village Shopping Centre.
- Compulsory registration: It is recommended that you register at Cape Union Mart Constantia or Cape Union Mart Canal Walk ADVENTURE CENTRE from 11h00 to 15h00 on Saturday 18th October 2014. However there will be limited registration for runners at the Constantia Village Shopping Centre after 4h45 on the day of the race.
- PLEASE INDICATE ON THE ENTRY FORM WHERE YOU WISH TO REGISTER.

## ENQUIRIES

Visit the website: [www.kwayvob.co.za](http://www.kwayvob.co.za)

Enquiries to Charlotte at tel 021 761 8887; or email [vobsec@mweb.co.za](mailto:vobsec@mweb.co.za) or [secretary@kwayvob.co.za](mailto:secretary@kwayvob.co.za)

## RULES FOR THE 21.1KM AND 14KM RACES

- The race will be run in accordance with the rules of ASA and WPA.
- Licensed athletes should run in club colours and must have the race number on the front and 2014 licences on the back of their vests.
- Unlicensed runners must wear the race number on the front and a temporary licence 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.
- All entrants must be 16 years or older for the 21.1km and 15 years old for the 14km race on the day of the race in order to enter.
- Entry cards must be in the athletes' possession during the 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.
- For safety reasons the use of personal music players during road races is strongly discouraged. Any person using such device in contravention of IAAF Rule 144.3b who fails to obey a reasonable instruction from a race official may be disqualified and shall not be eligible for individual or team prizes.
- No personal seconding will be permitted, except at official refreshment stations.
- Refreshment stations will be provided at regular intervals in accordance with the rules of ASA and WPA.
- 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 will count towards Open team prizes.
- Club colours must be worn to qualify for team prizes.

## PRIZES

### Men & Women 21.1km race

	1ST	2ND	3RD
Junior	No junior prizes		
Open	500	400	300
40-49	300	250	150
50-59	250	200	100
60-69	225	150	75
70+	200		

Open Men 4 x 175  
Open Women 4 x 175

### Men & Women 14km race

	1ST	2ND	3RD
Junior	150	100	75
Open	300	200	150
40-49	200	150	100
50-59	200	100	75
60-69	150	75	50
70+	100		

Junior Men 3 x 50  
Junior Women 3 x 50

SURNAME:		FIRST NAME:	
EMAIL:		CONTACT TEL NO.:	
LICENCE NO.:		AGE (ON RACE DAY):	
NAME OF CLUB:		ID NO.:	
DATE OF BIRTH:		EMERGENCY CONTACT CELL:	
EMERGENCY CONTACT NAME:			

## ENTRY FORM FOR 21,1 AND 14KM

Category:

MALE  FEMALE

16-19  20-39

50-59  60-69

40-49  70+

## PRE-ENTRY REGISTRATION

Which Cape Union Mart branch will you be registering at? (On the 18th of October 2014 from 11h00 to 15h00)

- Constantia Village Shopping Centre
- Canal Walk ADVENTURE CENTRE
- Constantia Village Shopping Centre on the day

**ALL PRE-ENTRIES CLOSE ON 10TH OCTOBER**

4.5km Family Fun Run - enter at registration or on the day at the Constantia Village Shopping Centre.

## 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: \_\_\_\_\_ Gardian  
[If under 18 years]: \_\_\_\_\_

ENTRY FEES: [includes online entry fee]

21.1km 14km

Club Members  R60  R45

Non Club Members  R95  R70  
[includes temporary licence]

Total Fee: \_\_\_\_\_

No pre-entry for Fun Run  
(enter on the day or at registration)

You may enter on-line at [www.racetraq.co.za](http://www.racetraq.co.za), by post to K-Way VOB CVGR, PO Box 55, Plumstead, 7801 or by fax at 0866161108, fax a completed entry form with a copy of the deposit slip.

You may pay by direct transfer.  
Bank Details: FNB Bank  
Branch name Plumstead,  
Account No. 74437474138  
Account name:Varsity Old Boys RC.

No postal orders. No cheques. Fax confirmation of payment to 0866161108 or e-mail to [vobsec@mweb.co.za](mailto:vobsec@mweb.co.za) Reference for payment is CVGR and your name and initials. Bring confirmation of payment to registration.

Online pre-entries close on the 10th October 2014 or when limited numbers are reached.

Postal or fax entries must be received by 3rd of October 2014.

