



THE CONSTANTIA VILLAGE 15KM ROAD RACE 2025

Saturday 8 March 2025

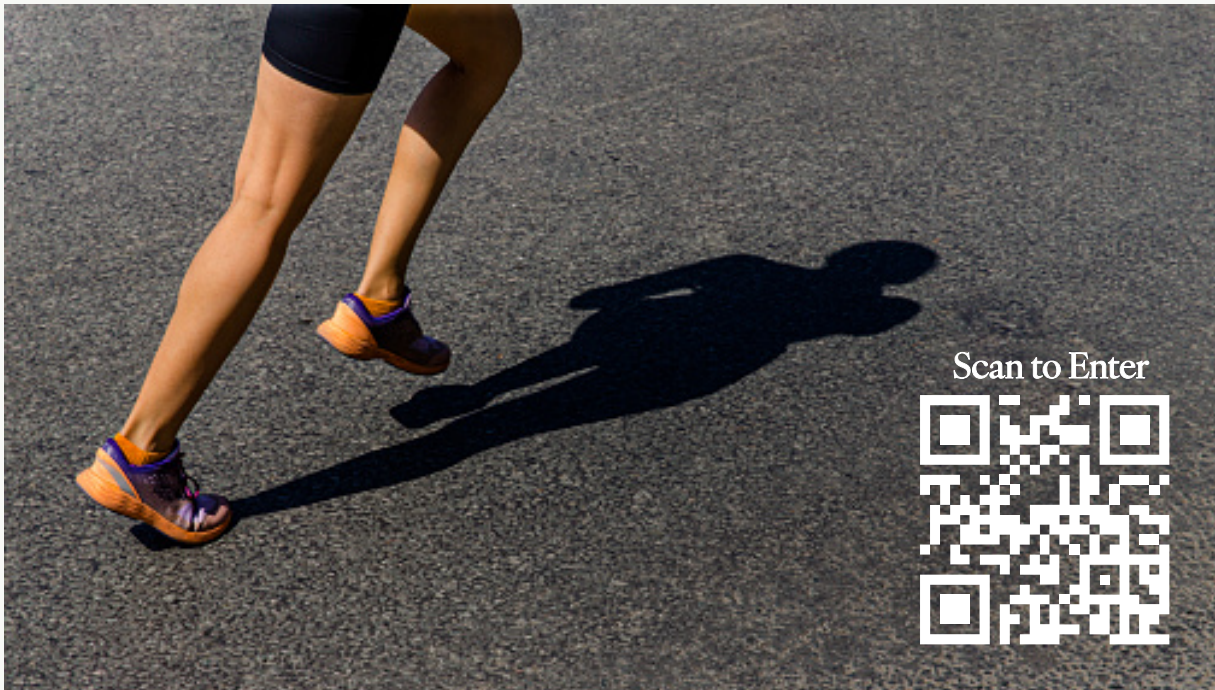
The Constantia Village Shopping Centre, Constantia
Limited to 2500 Entries

Run Start Time: 06:15

Entry Fee (Licensed): R140
Entry Fee (Unlicensed): R225
Online Entries close Friday
28 February 2025

How to Enter:

Online at RaceTraq.co.za Or Scan the QR Code.
(There is no online administrative fee)
At Registration by Card, SnapScan or Cash
On Race Day Morning by Card or SnapScan only



Race Registration Venue:

The Constantia Village Centre Court (Opposite the Kauai)
Thursday 6 March: 14:00 – 18:00
Friday 7 March: 11:00 – 18:00
On Race Morning at The Constantia Village: 05:00 – 06:00



Please support our chosen beneficiary, Volunteer Wildfire Services for this event. We encourage runners to make a donation using the option when completing the online entry or during registration.

Water on the route

The event is a plastic free event and no plastic water sachets will be provided.

Runners are advised to carry their own hydration packs or bottles.

There are three water points approximately 3.5 km apart at which cups and refill points will be provided. Coke will also be provided at the second water point.

Race Rules

The race will be run in accordance with the rules of ASA and WPA.

Runners must be 15 years or older to enter.

One race number will be issued at registration.

Athletes must wear the ASA license 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. Temporary licensed runners must wear the race number on the front of the vest and the temporary license on the back.

A disposable timing chip will be attached to your race number. Please do not tamper with either the chip or the foam backing. Ensure that the chip is not folded or covered by clothing or straps. No chip. No time. For safety and awards purposes, **ONLY** the person assigned to this race number may use it.

It is anticipated that batch starts will be required. If required timing will be from mat to mat. You will be asked to enter your predicted time when entering online or at registration.

You will not be allowed to run on race day if you do not have a valid 2025 ASA license or a temporary license on your vest. If you have not purchased a temporary license or have not yet received your 2025 ASA license, please purchase a temporary license at registration.

Wheelchair athletes must please contact the organizers before entering the race.

Runners are reminded to wear only club colours.

Runners not wearing club colours must run without any advertising.

The carrying of **ANY** placards or banners of a political, religious or offensive nature will result in disqualification

Age category tags example J, 40, 50, 60, ETC., must be worn front and back if runners wish to be eligible for age category prizes. age category tags must be **VISIBLE** throughout the race.

Temporary licensed runners are eligible for age category prizes provided they enter the relevant age group, where the appropriate age tags and provide proof of age.

Only runners aged 19 years or younger on the 31st of December 2025 will qualify for junior prizes.

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 provided they wear the appropriate age tag.

Team prizes are restricted to South African citizens wearing full club colours with permanent ASA licenses.

The use of music players with headphones or “buds” is not allowed and may result in disqualification.

At registration, temporary license holders **MUST** complete and hand in the tear off strip from the number to be eligible to compete.

No personal seconding permitted except at official refreshment stations.

The detailed rules are available on www.wpa.org.za or on request from the organizers or the WPA office. The cut off time is 9:00 AM.

Tog bag facilities will be available at the start.



PRIZE MONEY

No prizes will be paid in cash on race day.

Prize giving will be held at 9:00 AM

Men and Women 15 km Run			
Age group	1	2	3
Junior	800.00	600.00	450.00
Open	2500.00	2000.00	1500.00
40-49	800.00	600.00	450.00
50-59	800.00	600.00	450.00
60-69	800.00	600.00	450.00
70+	800.00	600.00	450.00
Men and Women Teams			4 x 450.00

Spot prizes provided by our gracious sponsors are up for grabs.

Protection of personal information

Runners agree that their personal information is provided to the race organizers for the purpose of organizing the event and that such information may be shared with raceTraQ for the purposes of entering the event and timing.

Disclaimer

Participants in this event do so at their own risk and release and discharge the organizers, sponsors, provincial and national athletics bodies and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event.

Queries? Please contact Renè at secretary@totalsportsvob.co.za

websites: www.totalsportsvob.co.za | social media @total sports VOB running club



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