



15KM CONSTANTIA VILLAGE 15KM

**START: THE CONSTANTIA VILLAGE
SHOPPING CENTRE, CONSTANTIA**

SATURDAY
07-03-26
DAY MONTH YEAR

R150
START TIME
06H15

RACE REGISTRATION VENUE:

Venue: The Constantia Village Centre Court
(Opposite the Kauai)

Thursday 5 March: 14:00 – 18:00

Friday 6 March: 11:00 – 18:00

**ON RACE MORNING AT THE
CONSTANTIA VILLAGE: 05:00 – 06:00**



QUERIES?

PLEASE CONTACT RENÉ DICK; SECRETARY@TOTALSPORTSVOB.CO.ZA

f TOTALSPORTSVOBRUNNINGCLUB

www.TOTALSPORTSVOB.CO.ZA



HOW TO ENTER

1. Enter Online at RaceTraq.co.za
2. Or Scan the QR Code
3. At Registration by Card SnapScan or Cash
4. No Entries on Race Day!

MEN AND WOMEN 15 KM

Age Group	1st	2nd	3rd
Junior	R1000	R800	R600
Open	R3000	R2500	R2000
40 - 49	R1000	R800	R600
50 - 59	R1000	R800	R600
60 - 69	R1000	R800	R600
70+	R1000	R800	R600

Men and Women Teams 4 x R500.00

PRIZE MONEY

No Prizes will be paid in cash on the day.
Prizegiving will be held at 09H00.

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

Scan the QR Code to enter





RACE RULES

Water on the route

- The event is plastic-free and no single-use water sachets will be provided.
- Water and Coke will be served in cups.
- Runners are encouraged to carry their own hydration packs or bottles.
- There are three water points approximately 3.5km 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 logo 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 so, timing will be from the batch gun to the mat. To facilitate seeding, 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 2026 ASA license or a temporary license on your vest. If you have not purchased a temporary license or have not yet received your 2026 ASA license, please purchase a temporary license at registration.
- Wheelchair athletes must please contact the organisers 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 categories tags example, 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, wear the appropriate age tags and provide proof of age.

- Only runners aged 19 years or younger on the 31st of December 2026 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 colour 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 organisers or the WPA office.
- The cut-off time is 9:00 AM.
- Tog bag facilities will be available at the start.
- Official race results can be found on wpa.org.za.