



GRAPE RUN TOTALSPORTS VOB



Sunday 3 December 2023

The Constantia Village Shopping Centre, Constantia

21km Race

Start Time: 05:45 a.m.

Entry Fee: R200

Entry Fee (Unlicensed): R270

14km Race

Start Time: 06:00 a.m.

Entry Fee: R130

Entry Fee (Unlicensed): R190

How to Enter

Enter Online at RaceTraq.com
Or Scan the QR Code

At Registration by Card, SnapScan or Cash
On Race Day Morning by Card or SnapScan **only**

Race Registration

Venue: The Constantia Village Entrance Court
(Opposite the Tasha's)

Saturday 2 December: 10:00 a.m. – 18:00 p.m.
On Race Day Morning: 05:00 a.m. to 06:00 a.m.



Scan to Enter

Distance	Elevation Gain	Starting Elevation	Max Elevation
14KM	294M	59M	166M
21.1KM	450M	59M	260M



THE CONSTANTIA VILLAGE



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



Water on the Route

- The event is a plastic-free event. There are limited water points at which cups will be provided. No sachets will be provided.
- Runners are advised to carry their own hydration packs or bottles.
- For details of the water points visit our website or follow us on social media.
- Discarding of cups or litter in the Vineyards will result in disqualification.

Race Rules

1. The race will be run in accordance with the rules of ASA and WPA.
2. Runners must be 14 years or older to enter the 14km event and 16 years or older to enter the 21.1km event.
3. Your race pack will include your race number. Please ensure that you wear this on the front of your vest/t-shirt on race day.
4. One race number (bib) will be issued. Registered athletes must wear their 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 their vest and the Temporary License on the back.
5. At registration, temporary license holders **MUST** complete and hand in the tear off strip from the number to be eligible to compete.
6. Runners are reminded to wear only Club Colours. Runners not wearing Club Colours must run without any advertising.
7. The carrying of **ANY** placards or banners of a political, religious or offensive nature will result in disqualification.
8. Age category tags (e.g., 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.
9. 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.
10. Only runners aged 19 years or younger on 31 December 2023 will qualify for junior prizes.
11. 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.

12. The use of headphones is not allowed and will result in disqualification.
13. No personal seconding is permitted.
14. Detailed rules are available on www.wpa.org.za or on request from the organizers or the WPA office.
15. Wheelchair athletes must please contact the Organizers before entering the race.
16. The cut-off time is 09:15 a.m. for **BOTH** races.
17. Tog bag facilities will be available at the start.
18. Note: Parts of the race take place on gravel paths.

Prize Money

No prizes will be paid in cash on race day. Prizegiving will be held at 09:00 a.m.

Men and Women 14km Trail Run			
Age Group	1	2	3
Junior	500.00	400.00	300.00
Open	750.00	500.00	300.00
40 – 49	300.00		
50 – 59	300.00		
60 – 69	300.00		
70+	300.00		

Men and Women 21.1km Trail Run			
Age Group	1	2	3
Junior	-	-	-
Open	1,200.00	600.00	400.00
40 – 49	400.00	300.00	200.00
50 – 59	400.00	300.00	200.00
60 – 69	400.00	300.00	200.00
70+	400.00	300.00	200.00

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

Protection of Personal Information

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

Disclaimer

Participants in this event do so at their own risk and release and discharge the organisers, 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.