

Constantia Valley

Grape Run

**Sunday
28 November
2021**



CARRY YOUR OWN WATER (for more info please see page 2)

Half Marathon 05.45am / 14km 06.25am



1685
CONSTANTIA VALLEY
Cape Town's Vineyard

THE ROUTE

The K-Way Constantia Valley Grape Run is arguably the most beautiful route in the Western Cape. The 21km course is somewhat challenging as it leads you through the historic wine farms of the Constantia Valley. While still providing a challenge, the 14km is easier and provides an excellent opportunity for runners to enjoy the Constantia Valley. Runners who are unsure of completing the 21km course within the 3:15 cut-off are advised to register for the 14km race.

The courses have been measured and certified using a Clane Jones Device. Both courses are uneven underfoot in certain areas and therefore athletes should contact the organizers to discuss their possible participation if they are unsure.

RUN CLEAN. CARRY YOUR OWN WATER.

As this event is run primarily on the paths and trails of the Constantia Valley wine farms, this race has been declared a plastic free event with special permission of the WPA Road Running Commission. There will be limited water stations as follows:

14km race:

4km Water

9km Water and Coke

21km race:

4km Water

9km Water and Coke

15km Water

Participants are encouraged to bring their own bottle or hydration pack. No cups or sachets will be provided at the water stations.

Discarding of any cups or other rubbish in the vineyards will result in instant disqualification

ENTRY AND REGISTRATION

Entries

Entries will only be accepted online. Enter online at www.racetraq.co.za. No additional fee to pre-enter online. No entries will be accepted at registration or on race day.

In accordance with COVID-19 protocols, the total number of runners is limited to 1 800 across the two distances.

Entries will close when this limit is reached or on Tuesday 23 November 2021.

Entry fees are as follows:

	14km	21km
Licensed runners	R120	R180
Unlicensed runners*	R170	R230

* In accordance with ASA rules, unlicensed runners are required to purchase a temporary license.

Registration

Registration will take place on Friday, 26 November and Saturday, 27 November 2021. Registration on the Friday will be open from 11:00 until 18:00. Registration on the Saturday will be open from 10:00 until 15:00.

The Cape Union Mart stores at Constantia Village and Century City (in the adventure centre) will host registration.

Runners are required to select a registration date and registration venue. This allows for social distancing in line with the COVID-19 protocols.

Disclaimer: Participants take part at their own risk and indemnify the organisers, sponsors and provincial and national athletics bodies against any claims that may result from their participation in the event.

IMPORTANT: COVID-19 PROTOCOLS

Before arriving at registration, all runners are required to have completed the online COVID-19 screening form to enable contactless screening. Temperatures will be taken at registration. Runners who fail screening will not be issued with a race number.

No substitutions or refunds will be permitted. Runners who test positive for the COVID-19 virus in the week prior to the race may request deferment of their entries to a future event. Proof of a positive test result may be requested.

RACE DAY

Parking

Runners **may not park** in the following areas:

- ✗ Constantia Village Shopping Centre
- ✗ Along Spaanschemat River Road from Constantia Main Road to Ladies Mile Road
- ✗ Along Constantia Main Road from Spaanschemat Road to Pagasvlei Road

Designated parking areas will be indicated by signage and marshalls. Please obey the instructions of the marshalls and signage.

Please respect our neighbours and do not park in their driveways, block their driveways or park on their grass.

Arriving at the venue

Runners will be allocated an arrival window on race day. Please adhere to these times to facilitate screening.

No early entry will be permitted.

Please ensure that you have used the ablution facilities (available at the Alphen Common) before entering the race start. Once you have been screened you will not be allowed to exit.

At the start

All runners must enter Constantia Village via the Constantia Main Road entrance. **NO PARKING** is available in Constantia Village on the day.

On entering the start venue, runners will be screened and directed to batches according to the seeding.

UNDERSTANDING BATCH STARTS

The race start will utilize batch starts to facilitate social distancing. Please ensure that you are in your allocated batch 10 minutes before the start of your batch.

Race	Batch	Screening starts	Screening ends	Race start
21km	A	05:05	05:35	05:45
21km	B	05:10	05:40	05:50
21km	C	05:15	05:45	05:55
21km	D	05:20	05:50	06:00
14km	A	05:45	06:15	06:25
14km	B	05:50	06:20	06:30
14km	C	05:55	06:25	06:35
14km	D	06:00	06:30	06:40

If you miss your allocated batch, you will be directed to the next batch. 21km runners who arrive after 05:50 will not be permitted to take part in the race. 14km runners who arrive after 06:30 will not be permitted to take part in the race.

On the course

No personal seconding or spectators are allowed on the course. **Runners who litter on the course will be disqualified.**

At the finish

All runners who complete the races in the cut-off time (3:15 for the 21km and 2:35 for the 14km) will receive medals.

Coke will be available at the finish.

Runners are required to move through the finish area as quickly as possible.

No congregating is allowed at the finish.

RACE RULES

The race will be run in accordance with the rules of ASA and WPA, including special permission from RR commission.

One race number (bib) will be issued. The race number includes a disposal electronic timing chip. Runners must not bend or damage this chip. Runners who damage the chip will be excluded from the results and will not qualify for prizes.

Registered athletes must wear their ASA licenses 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.

Unlicensed runners must wear the race bib on the front and a temporary license 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 or older for the 21.1km and 15 or older for the 14km race.

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.

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 prizes. Only runners born after younger than age 19 on 31 December 2021 will qualify for junior prizes.

The use of headphones is not allowed and may result in disqualification.

No personal seconding will be permitted.

Refreshment stations will be limited – see information on page 2.

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.

Detailed rules are available on www.wpa.org.za or on request from the organizers or the WPA office.

Due to the nature of the course, wheelchair athletes are not permitted to enter the race.

PRIZES

Only runners seeded in batch A of either race will be eligible for overall prizes. **Seeding is at the discretion of the race organisers.** Prizes in age categories will be awarded based on the mat-to-mat timing used for the races provided that runners are required to indicate their correct age on entry.

21km race – men and women

Category	1 st	2 nd	3 rd
Open	900	600	500
40 – 49	500		
50 – 59	500		
60 – 69	500		
70+	500		

14km race – men and women

Category	1 st	2 nd	3 rd
Juniors	450	250	150
Open	600	500	400
40 – 49	400		
50 – 59	350		
60 – 69	300		
70+	300		

Protection of Personal Information

Runners agree that their personal information may be provided to the race organisers for the purpose of organizing the event. Personal information will be shared with Finish Time for the purposes of timing. Runners furthermore agree that their data may be used to provide statistics to Athletics South Africa, the City of Cape Town and the Western Cape Government in such format as required by these bodies.