



K-Way VOB Constantia Valley GRAPE RUN



Sunday 20 November 2022

The Constantia Village Shopping Centre, Constantia

21km

Start time: 06:00

Entry Fee (licenced): R150

Entry fee (unlicenced): R210

14km

Start time: 06:30

Entry fee (licenced): R100

Entry fee (unlicenced): R150

How to enter:

- Online at www.racetraq.co.za.
- No additional fee to pre-enter online
- At registration by card, Snapscan or cash
- On race morning by card or Snapscan only

Race Registration:

Venue: The Constantia Village Cape Union Mart

Friday 18 November: 12:00 - 18:00

Saturday 19 November: 10:00 - 15:00

On race morning at the K-Way VOB Clubhouse: 05:00 - 06:00



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



WESTERN PROVINCE ATHLETICS



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. Race numbers will not be issued. Licensed athletes must wear two valid license numbers. Unlicensed runners must purchase a Temporary License which must be worn on the front of the vest.
4. At registration, temporary license holders MUST complete and hand in the tear off strip from the number to be eligible to compete.
5. Entry cards must be in an athlete's possession during the race and handed in at the results board at the Finish.
6. Runners are reminded to wear only club colours and to refrain from carrying any placards or banners of a political, religious or offensive nature. Runners not wearing club colours must run without any advertising.
7. 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
8. 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.
9. Only runners aged 19 years or younger on 31 December 2022 will qualify for junior prizes.
10. 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.
11. The use of headphones is not allowed and may result in disqualification.
12. No personal seconding is permitted.

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

14. The course is not wheelchair friendly. Wheelchair athletes wishing to enter are required to contact the race organisers before doing so.

15. Race cut-off time is 09:15am for both races.

16. Tog bag facilities will be available at the start.

Prize Money

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

	Men & Women 21km		
	1	2	3
Junior	No Junior Prizes for 21km		
Open	R1 000	R500	R300
40 - 49	R400	R300	R200
50 - 59	R400	R300	R200
60 - 69	R400	R300	R200
70+	R400	R300	R200
	Men & Women 14km		
	1	2	3
Junior	R500	400	R300
Open	R600	R500	R400
40 - 49	R300		
50 - 59	R300		
60 - 69	R300		
70+	R300		

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 for the purposes of entering the race.

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.