

Enter by:
Fri 18th October



*Enjoy the most incredible views across the
Historic Constantia Valley Wines Farms*

Sunday 17 November 2024

The Constantia Village Shopping Centre, Constantia

- The 14km visits the edges of Groot Constantia wine farm.
- The 21.1 km crosses 4 historic Constantia Valley wine farms.
- Test yourself on either of these challenging gravel courses.
- Commemorative handouts to all finishers.



Queries? Please contact René Dick at secretary@totalsportsvob.co.za
Website: www.totalsportsvob.co.za | Social Media: @TotalsportsVOBrunningclub

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 Tasha's Café / Coffee Shop*)

Saturday 16 November: 10:00 a.m. – 18:00 p.m.

On Race Day Morning: 05:00 a.m. to 06:00 a.m.

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.
2. Participants in the 14km must be 14 years of age or older. Participants in the 21.1km must be 16 years of age or older on race day.
 3. 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.

Race Rules

1. The race is run according to the rules of ASA and WPA.. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
4. Temporary license holders when registering **MUST** complete and hand in the tear off strip from the number to be eligible to compete.



5. Runners are reminded to wear only Club Colours. Runners not wearing Club Colours must run without any advertising.
6. Age category tags (eg. 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.
7. Only runners aged 19 years or younger on 31st December 2024 will qualify for junior prizes.
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. 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.
10. The carrying of ANY placards or banners of a political, religious or offensive nature will result in disqualification.
11. The use of music players with or without headphones is not allowed and will result in disqualification.
12. No personal seconding will be permitted.
13. These races are unfortunately not suitable for wheelchair athletes.
14. The cut-off time is 09H15 for **BOTH** races.
15. A tog bag area will be available at own risk.
16. NOTE: Parts of the race takes place on gravel paths.



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.

| Men and Women 14 km | | | |
|---------------------|------|------|------|
| Age Group | 1st | 2nd | 3rd |
| Junior | R550 | R450 | R350 |
| Open | R750 | R550 | R350 |
| 40 - 49 | R350 | R250 | R150 |
| 50 - 59 | R350 | R250 | R150 |
| 60 - 69 | R350 | R250 | R150 |
| 70+ | R350 | R250 | R150 |

| Men and Women 21.1 km | | | |
|-----------------------|--------|------|------|
| Age Group | 1st | 2nd | 3rd |
| Open | R1 250 | R650 | R450 |
| 40 - 49 | R450 | R350 | R250 |
| 50 - 59 | R450 | R350 | R250 |
| 60 - 69 | R450 | R350 | R250 |
| 70+ | R450 | R350 | R250 |

Protection of Personal Information

Runners agree that their personal information is provided to the race organisers for the purpose of organising the event and that such information may be shared with Race Traq 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.

Enter by:

Fri 18th October

21.1 km Race

Start Time: 05:45 a.m.

Entry Fee: R220

Entry Fee (Unlicensed): R295

Early bird R200 & R275 resp.

14km Race

Start Time: 06:00 a.m.

Entry Fee: R145

Entry Fee (Unlicensed): R210

Early bird R130 & R195 resp.



| Distance | Elevation Gain | Starting Elevation | Max Elevation |
|----------|----------------|--------------------|---------------|
| 14 km | 294m | 59m | 166m |
| 21.1 km | 450m | 59m | 260m |



**KLEIN
CONSTANTIA**
— 1685 —



GROOT CONSTANTIA
LANDSCAP-ESTATE



Buitenverwachting
Est. 1790



CONSTANTIA
UITSIG



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



Peninsula
Beverages



WESTERN PROVINCE ATHLETICS



TOTALSPORTS
VOB
Running Club



THE CONSTANTIA VILLAGE

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Website: www.totalsportsvob.co.za | Social Media: @TotalsportsVOBRunningclub