GRAPE RUN 2026

GRAVEL RUN



SOLD OUT

RACE DETAILS

- ENTRIES ARE SOLD OUT!
- THE CONSTANTIA VILLAGE SHOPPING CENTRE
- 21KM & 14KM
- 445M (21KM) & 290M (14KM)
- 2000 – MAX NO. OF PARTICPANTS
- ENTRY DEADLINE 9 NOVEMBER 2026

ENJOY THE MOST INCREDIBLE VIEWS FROM THE HISTORIC CONSTANTIA VALLEY WINES FARMS

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

TOTALSPORTS VOB Running Club

TotalsportsVOBRunningclub
www.totalsportsvob.co.za
René Dick: secretary@totalsportsvob.co.za

GrapeRun



ENTRIES SOLD OUT!

Entries are sold out. No entries will be available at registration or race day.

RACE REGISTRATION

Saturday
14 November:
The Constantia Village Entrance Court
Totalsports Canal Walk: 10h00 - 15h00

Sunday
15 November:
The Constantia Village: 5am - 6am

PLEASE NOTE: NO ENTRIES ON RACE DAY

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.

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	R650	R550	R450
Open	R900	R700	R500
40 - 49	R450	R350	R250
50 - 59	R450	R350	R250
60 - 69	R450	R350	R250
70+	R450	R350	R250

MEN AND WOMEN 21.1 KM			
Age Group	1st	2nd	3rd
Open	R1,300	R950	R750
40 - 49	R800	R700	R600
50 - 59	R800	R700	R600
60 - 69	R800	R700	R600
70+	R800	R700	R600

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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.*
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.*
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 2025 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. *Race results can be found on wpa.org.za.*
16. *A tog bag area will be available at own risk.*
17. *NOTE: Parts of the race takes place on gravel paths.*

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

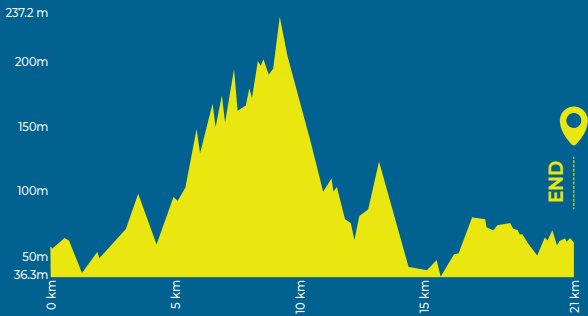
Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletics bodies and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event.

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21.1 KM RACE

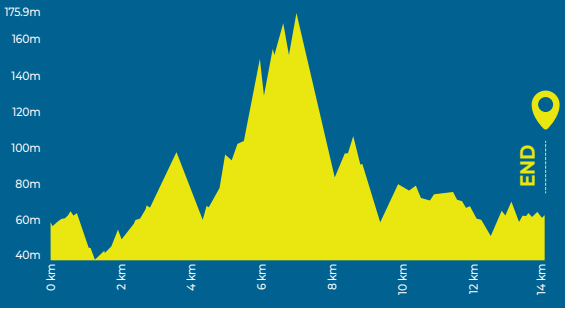
START TIME: 05:45 a.m.
ENTRY FEE (UNLICENSED): R315

START - 59m | **MAX -** 166m
ELEVATION GAIN: 450m

14 KM RACE

START TIME: 06:00 a.m.
ENTRY FEE (UNLICENSED): R230

START - 59m | **MAX -** 166m
ELEVATION GAIN: 294m



KLEIN CONSTANTIA 1685

GROOT CONSTANTIA LANDGOED · ESTATE

Buitenverwachting

CONSTANTIA UITSIG

CITY OF CAPE TOWN ISIXEKO SASEKAPA STAD KAAPSTAD

Coca-Cola Peninsula Beverages

WESTERN PROVINCE ATHLETICS

MELOMED 24 0800 786 000

TOTALSPORTS

SALOMON

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