



10KM RUN WALK



SATURDAY, 5 OCTOBER 2019

Entrance 2, Capegate Shopping Centre

ONLINE ENTRIES

- ▶ **ONLINE ENTRIES:** www.topevents.co.za
Closing Date: 29 September 2019

REGISTRATION

- ▶ **Friday, 4 October 2019 (5pm-7pm)**
Pinelands Sports Oval - Pinelands Athletic Club
- ▶ **Friday, 4 October 2019 (5pm-7pm)**
Capegate Shopping Centre (Opp House & Home)
- ▶ **Saturday, 5 October 2019 (5am - 6:15am)**
Capegate Shopping Centre (Opp House & Home)

Manual Entries will be accepted at Registration

RACE TIME

10KM 6:30AM

5KM 7:10AM

TOG BAG FACILITIES AVAILABLE



**MEDALS TO THE FIRST 1500 10KM /
AND THE FIRST 500 5KM FINISHERS**

CapeGate

Enquiries: Nedbankct@gmail.com / 063 516 0493

PRIZES: MEN & WOMEN

ENTRY FEE:

	 1	 2	 3	 4	 5
OPEN	R1000	R750	R500	R300	R200
JUNIOR	R300	R250	R200		
40 - 49	R350	R300	R250		
50 - 59	R300	R250	R200		
60 - 69	R300	R250	R200		
70+	R300	R250	R200		

	Licensed Athlete	Unlicensed Athlete
SENIOR	R70	R110
JUNIOR	R50	R75
70+	Free	R40

5KM FUN RUN: R50

RACE RULES

- The race is run according to the rules of ASA & WPA and is organised by Nedbank Running Club Cape Town.
- Minimum age on race day for the 10km Run is 14 years.
- Participants must obey instructions of Marshals and traffic officers.
- Licensed athletes should wear club colours. Unlicensed athletes must run in clothing without advertising.
- Registered athletes must wear their 2019 licenses on the front and back of their vest. Temporary license holders registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
- No Race numbers will be issued. All registered athletes must wear two valid licence numbers. Unregistered participants must purchase a Temporary Licence which must be worn on the front of their vest.
- In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prizes including juniors.
- Club colours must be worn to qualify for the team prize.
- Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
- Juniors born 2000 or later must display category tags "J" to qualify for age group prizes. Juniors will count towards Open Team Prizes.
- Entry cards must be carried for the duration of the race and handed in at the results board at the Finish. Any participant not able to produce an entry card, when asked to do so by a race official, may be disqualified.
- No personal seconding will be permitted, except at official refreshment stations.
- Licensed athletes 70+ is Free of charge. Unlicensed athletes 70+ is R40.
- Time limit for the 10km run is 2 hours. Cut off is at 8h30.
- Tog bag facilities will be provided at own risk.
- Organisers and WPA accept no responsibility for any accident or injury resulting from participation in the event.
- The use of music players with headphones is not allowed and may result in disqualification.
- Please do not litter: dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. #RUNCLEAN
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- Prize giving will take place at 8h30.
- 5km Fun Run: No License or Club Colours necessary. Children under 10 must be accompanied.