

10% DISCOUNT
at Kloppers on purchase
of running shoes to all
entrants!



10km

Coca Cola League Race

5km

WPA Champs & Fun Run

SATURDAY, 5 OCT 2024

10km: 6:30am | 5km: 7:30am

Enter on: www.topevents.co.za

In proud
association
with **Nedbank**
Running
Club CT.

Race starts behind Virgin Active Top Level Parking (Cape Gate Lifestyle Centre)

R

**Race
Costs**

10km Race Athletes

Licensed	R100
Unlicensed	R145
Junior (Licensed)	R55
Junior (Unlicensed)	R80

5km WPA Champs (Licensed)	R60
Unlicensed	R100
Family Run/Walk	R60

Race Number Collection

Friday, 4 October 2024

16h00 to 19h00
at Kloppers Sport Cape Gate Lifestyle Centre

**Manual
Registrations**

Saturday, 5 October 2024

05h00 to 06h15
at the LifeStyle Centre outside Virgin Active



R1000 Incentive for Male & Female Records
Male Record: 29.47min / Female Record 35.39min

Enquiries: nedbankct@gmail.com or 083 278 9316

*Lucky Draw
Prizes*





1. The race is run according to the rules of ASA & WPA and is organised by Nedbank Running Club Cape Town
2. Minimum age on race day for the 10km Run is 14 years
3. Participants must obey instructions of Marshals and traffic officers
4. Licensed athletes should wear club colours. Unlicensed athletes must run in clothing without advertising
5. Registered athletes must wear their 2024 licenses on the front and back of their vest.
6. Temporary license holders registering must complete the tear off strip from the number and hand in at registration to be eligible to compete
7. 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
8. 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
9. Minimum age for 5 km race is 12 years on race day.
10. Temporary license participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age
11. Juniors born 2005 or later must display category tags "J" to qualify for age group prizes
12. 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
13. No personal seconding will be permitted, except at the official refreshments stations
14. Licensed athletes 70+ is Free of Charge. Unlicensed athletes 70+ is R45 (temp number)
15. Time limit for the 10km is 2 hours Cut off is at 08h30am
16. Tog Bag facilities will be provided at own risk
17. Organisers, ASA and WPA accept no responsibility for any accident or injury resulting from participation in the event
18. The use of music players with headphones is not allowed and may result in disqualification
19. 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
20. Detail rules are available on www.wpa.org.za or on request from the organisers or the WPA office
21. Wheelchair athletes must contact the organisers timeously to discuss arrangements for their participation
22. Prize giving will take place at 9h00am at Kloppers Cape Gate Lifestyle Centre
23. 5km Fun Run: No License or Club Colours Necessary. Children under 10 must be accompanied by an adult

WPA championship Prize money will also be awarded for 5 km race
1st R1000 | 2nd R600 | 3rd R350

10 km Prize Money

5 km Prize Money

OPEN	R1500	R1000	R800
JUNIOR	R400	R300	R200
40-49	R400	R300	R200
50-59	R400	R300	R200
60-69	R400	R300	R200
70+	R400	R300	R200

R500	R300	R200
R200	R150	R100
R200	R150	R100
R200	R150	R100
R200	R150	R100
R200	R150	R100