



GROWTHPOINT
PROPERTIES

SUNDOWNER

10 km

IN PARTNERSHIP WITH

EASTERN
KRAAIFONTEIN



ATHLETIC CLUB

18h15, WEDNESDAY, 14TH DECEMBER 2016

VENUE: V&A Waterfront,
between the back of the Table Bay
Hotel and the Helipad

PRE-ENTRIES CLOSE: Sunday, 11th December 2016

ENTRY FEES: 10km Senior Licence R40
10km Senior unlicensed R65
10km Junior Licenced R25
10km Junior Unlicensed R40

ENTER ONLINE: www.topevents.co.za
Entries will be taken on race day
from 14h00

A 14% service fee is charged when entering online.

**PRIZE MONEY
UP FOR GRABS**

	14-19	OPEN	40-49	50-59	60-69	70+
1 st	R400	R1 500	R800	R600	R400	R300
2 nd	R250	R900	R600	R400	R200	R150
3 rd	R150	R600	R400	R300	R100	R75



Coca-Cola



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This event is held under the rules and regulations of ASA and Western Province Athletics.

RACE INFORMATION

HOW TO ENTER

- Online**
- www.topevents.co.za should you have any enquiries about entering online, please contact Top Events on (021) 511 7130 or email info@topevents.co.za. Closing date 11th December 2016.
 - Please note that an administration fee will be charged when entering online.

Race Day • Enter on race day at The Boat House, Jetty 2, V& A Waterfront, close to the Table Bay Hotel from 14h00.

PRE-ENTRIES COLLECTION

1. Pre-entries to collect race card on Wednesday, 14th December 2015 from 14h00 at The Boat House, Jetty 2, V&A Waterfront.
2. Please bring your proof of entry with you to registration.

GENERAL

1. Dress code: Club colours or something festive.
2. Two refreshment stations, providing water, will be available on the route and Coca-Cola at the finish.
3. Prize-giving will commence at approximately 20h00 at the amphitheatre.
4. If possible, please complete the race entry form before arrival at the race.
5. Medical back-up services will be provided.

RACE RULES

1. The Growthpoint Properties Sundowner 10km is open to all licensed and unlicensed runners. Runners need to be 14 years and older.
2. Licensed runners should wear club colours and a 2016 licence on the front and back of the vest.
3. Temporary licences are available at R25 for 10km Senior and R15 for 10km Junior events.
4. 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. Club colours must be worn to qualify for team prizes. Temporary runners must purchase a temporary licence, which must be worn on the front of the vest.
5. Personal seconding is not permitted, except at official refreshment points. Private vehicles are requested not to follow the athletes on the route.
6. 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 club vests. Participants may enter the age category corresponding to their chronological age or any younger category.
7. Athletes competing for a category prize must wear age category tags (on the front and the back).
8. Juniors (born from 1997 onwards) wearing junior or senior licences, must wear an age category tag "J" to qualify for age group prizes.
9. All traffic officers and marshals must be obeyed.
10. Foreign athletes must comply with IAAF rule 4.2 and all relevant race and domestic rules. The athletes must be able to produce the letter from their federations permitting participation on race day.
11. Kilometre markers will be placed at each kilometre mark.
12. Refreshments stations will be situated approximately every 3km.
13. Tog bag facilities will be available at own risk.
14. Toilets will be available.
15. The cut off time is 120 minutes.
16. Entry fees are non-refundable.
17. Entry cards must be carried during the race and placed on the results board at the Finish.
18. Please move swiftly through the finishing chute in order to avoid congestion.
19. 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.
20. Results will be available on www.topevents.co.za or www.wpa.org.za.
21. Unlicensed runners must wear plain clothes (no advertising permitted).
22. Race numbers will not be issued.
23. For safety reasons the use of personal music players with headphones is not allowed. Use of such device in contravention of IAAF rule 144.3b may result in disqualification.