

RULES

1. Minimum age on race day is: 10km = 14 years and 21km = 16 years.
2. Participants must obey instructions of marshals and / or traffic officers.
3. It is compulsory for entrants to register.
4. No personal seconding will be permitted, except at official refreshment stations.
5. Time limit: 10km = 2 hours (starting at 7h00). 21km = 3 hours 15 minutes (starting at 6h30).
6. The organisers as well as WPA accept no responsibility for any accident or injury resulting for participating in this event.
7. Any ruling by the Jury of Appeal will be considered final.
8. Athletes from the organising club are not eligible for lucky draw prizes.
9. Failure to comply with any rule may lead to disqualification.
10. The use of music players with headphones is not allowed and may result in disqualification.
11. Temporary licences will be available at registration. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete.
12. 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.
13. Detailed rules are available on www.wpa.org.za or on request from the organisers of the WPA office.

10km & 21km RACE RULES

1. Entry cards must be in the athlete's possession during the race. Any participant not able to produce a race entry card when asked to do so by a race official may be disqualified.
2. In addition to overall (open) prizes, participants will only be eligible for an age category prize in the age category they enter.
3. Corresponding numerical age category tags must be worn on the front and back of the vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
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.
5. Juniors, born in 1998 or later, wearing a junior license or senior license must display "J" age tags to qualify for age group prizes.
6. Club colours must be worn to qualify for team prizes.
7. One race number (bib) will be issued. Registered athletes must wear their ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible.
9. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.



EVENT SPONSORS



CapeGate

CLICKS+ CHARITY RUN

SAT 14 OCT

10KM / 21KM RUN

in support of



CapeGate

10KM/21KM RUN WITH PRIZE MONIES TO THE VALUE OF R73,000

ONLINE ENTRIES

Enter at www.enteronline.co.za. Online entries close Sunday 8 October 2017 @24h00 and a 14% admin fee will be applicable.

MANUAL ENTRIES

Entry forms are available from Capegate Information desk and retailers. Entry forms can also be downloaded from www.capegatecentre.co.za.

Entry forms can be handed in (cash only) at information desk situated on the upper level opposite Edgars, during the following times:

Mon-Thurs: 9h00-20h00; Fri: 9h00-20h00; Sat: 09h00-20h00 Sun: 09h00-18h00

Capegate information desk entries close Monday 9th October 2017 @ 20h00.

On race day entries will be taken from 05h30 until 06h20 in the Capegate Shopping Centre court. Entries will be accepted during registration on Thursday 12th and Friday 13th October 2017 between 18h00 and 20h00 at Capegate shopping Centre court.

REGISTRATION

It is compulsory for all entrants to register.

Registration takes place on 12 and 13 October 2017 (Capegate centre Court) between 18h00 and 20h00, or on race day between 05h30 and 06h20 for 21km entries and 05h30 – 06.50 for 10km entries. This event is in accordance with the rules of the A.S.A and W.P.A

STARTING TIMES

Starting point: Pick 'n Pay entrance, Capegate Shopping Centre (Entrance 1)

21km Run 06h30

10km Run 07h00

PRIZE GIVING

On Saturday 14 October at 9h45 at the finish mark at Pick n Pay entrance

PRIZE MONEY - 10KM RACE

POSITION	MEN/WOMEN OPEN	MEN/WOMEN AGE 40-49	MEN/WOMEN AGE 50-59	MEN/WOMEN AGE 60-69	MEN/WOMEN AGE 70+	MEN/WOMEN AGE 14-19
1	R3000	R800	R600	R600	R600	R600
2	R2000	R700	R500	R500	R500	R500
3	R1000	R500	R400	R400	R400	R400

***Open team prize. 4 x R250 men & women. *Club with biggest bus. R500 - Club with biggest participation**

PRIZE MONEY - 21KM RACE

						MEN/WOMEN AGE 16-19
1	R5000	R1000	R800	R800	R600	R500
2	R3500	R800	R600	R600	R500	R400
3	R2000	R600	R400	R400	R400	R300

***Open team prize. 4 x R350 men & women. *Club with biggest bus. R500 - Club with biggest participation**

MEDALS

10km run – 20 gold medals (first 10 male and 10 female) and 1480 silver medals thereafter

21km run – 20 gold medals (first 10 male and 10 female) and 480 silver medals thereafter

GENERAL INFORMATION

1. Please arrive early on the 14th October to avoid traffic congestion
2. Race results will be sent to all Western Province Clubs
3. All other clubs that need results must supply their postal address
4. Tog bag facilities will be available. (at own risk)
5. 10km run – walkers welcome
6. First aid will be available at start and on route
7. Water and Coke at each refreshment point +/- every 3km
8. **3000 Goodie bags will be given on a first come first served basis as athletes finish.**

PLEASE NOTE

The Start and Finish are at the Pick n Pay Entrance, Cape Gate shopping Centre (Entrance 1)



INFORMATION:

Robbie Lindsay 081 871 4023 (Nedbank Running Club Cape Town) or Jacques van Heerden 071 688 4842 (Event Organiser) Cape Gate Centre Management 021 981 2288/ www.capegatecentre.co.za

RACE RESULTS

www.raceresults.co.za / www.wpa.org.za

ENTRY FEES

10KM: R50 (LICENSED ATHLETES) – R80.00 (UNLICENSED ATHLETES)

10KM: R30 (LICENSED JUNIORS) - R45 (UNLICENSED JUNIORS)

21KM: R70 (LICENCED ATHLETES) – R120 [UNLICENSED ATHLETES]

ENTRY FORM

Surname:

First Name:

ID number:

Cell:

Tel:

Email:

Emergency name:

Emergency contact number:

Club Name:

2017 Licence Nr:

Medical Aid:

Medical Aid Number:

Province:

10KM 21KM MALE FEMALE

AGE CATEGORY: 14-19 20-39 40-49 50-59 60-69 70+

DECLARATION

I declare I am medically fit to run and / or walk and understand that I enter at my own risk. Athletes and entrants indemnify the national, provincial and regional bodies WPA. The Organisers, Sponsors, Landlord and its employees, agents, representatives, contractors, managers or any other person acting under the Landord's control (collectively called "The Owners"), shall not be responsible or liable for any claim, loss or damage arising or suffered by any person making use of this activity, including but not limited to personal injury or death, or any harm caused to any person, or for damage, loss or destruction of any property of any person arising from negligence by the Owners or theft or from any other cause whatsoever. The Owners and /or Organisers reserve the right to remove any person from this activity where, in the Owner's discretion, the conduct of such person is harmful or unsafe to that person or other persons or is causing a nuisance. The terms of this notice are severable. Should any legislation or other law restrict or prohibit the effect for this notice, such restriction of prohibition shall not invalidate the remainder of this notice.

SIGNATURE: _____

DATE: _____

2017

Parent or guardian if under 18 years of age.

Would you like to receive promotional info from Capegate Shopping Centre

Yes

No

Select your preferred method of communication

SMS

Email

Would you like to receive promotional material from Clicks? Yes No

ENTRY FORM

Surname:	First Name:
ID number:	Cell:
Email:	Emergency name & contact number:

DECLARATION

I declare I am medically fit to run and / or walk and understand that I enter at my own risk. Athletes and entrants indemnify the national, provincial and regional bodies WPA. The Organisers, Sponsors, Landlord and its employees, agents, representatives, contractors, managers or any other person acting under the Landlord's control (collectively called "The Owners"), shall not be responsible or liable for any claim, loss or damage arising or suffered by any person making use of this activity, including but not limited to personal injury or death, or any harm caused to any person, or for damage, loss or destruction of any property of any person arising from negligence by the Owners or theft or from any other cause whatsoever. The Owners and /or Organisers reserve the right to remove any person from this activity where, in the Owner's discretion, the conduct of such person is harmful or unsafe to that person or other persons or is causing a nuisance. The terms of this notice are severable. Should any legislation or other law restrict or prohibit the effect for this notice, such restriction of prohibition shall not invalidate the remainder of this notice.

SIGNATURE: _____ **DATE:** _____ 2017

Parent or guardian if under 18 years of age.

Would you like to receive promotional info from Capegate Shopping Centre Yes No

All proceeds from the 5km entries will be donated to The Clicks Helping Hand Trust. Prizes will be awarded for the best dressed runners. All themes welcome – the crazier the better!

ONLINE ENTRIES

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PRIZE GIVING

On Saturday 14 October at 9h45 at the finish mark at Pick n Pay entrance and includes lots of lucky draws open to all!

MEDALS


The first 1500 participants to cross the finish line will each receive a gold medal.

GENERAL INFORMATION

1. Please arrive early on the 14th October to avoid traffic congestion
2. Tog bag facilities will be available. (at own risk)
3. First aid will be available at start and on route
4. Water at each refreshment point +/- every 3km
5. **3000 Goodie bags will be given on a first come first served basis as athletes finish.**
6. Prams and dogs are welcome to join in the fun

PLEASE NOTE

The finish is at the Pick n Pay entrance at Capegate Shopping Centre



CapeGate


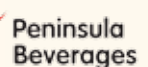



CLICKS+

CHARITY RUN

SAT 14 OCT

5KM FUN RUN / WALK

in support of



CapeGate