



**NEDBANK
RUNNING
CLUB**



**CAPE TOWN
WPA**

NEDBANK RUNNING CLUB CT

10KM RUN
WALK
& **5KM FUN RUN**

**SATURDAY, 6 OCTOBER 2018
@ CAPE GATE SHOPPING CENTRE**



RACE TIME
10KM 7:00AM
5KM 7:10AM

MEDALS TO THE FIRST 1500 10KM FINISHERS
MEDALS TO THE FIRST 500 5KM FINISHERS

REGISTRATION:

TOG BAG FACILITIES AVAILABLE

- Friday, 5 October 2018 - 5pm - 7pm
Pinelands Sports
- Friday, 5 October 2018 - 5pm to 7pm
Cape Gate Centre (opp. House & Home)
- Saturday, 6 October 2018 - 5am - 6:45am
Cape Gate Centre (opp. House & Home)

Enquiries:
Nedbankct@gmail.com
082 202 3593

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		

TEAM PRIZE:
4 X R200

	Licensed Athlete	Unlicensed Athlete
SENIOR	R50	R85
JUNIOR	R30	R50
70+	FREE	R35

FUN RUN: R30

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 Marshalls and traffic officers.
- Licensed athletes should wear club colours. Unlicensed athletes must run in clothing without advertising.
- Registered athletes must wear their 2018 ASA licenses on the front and back of their vest.
- Temporary licensed athletes must wear their temporary license number on the front 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 complete.
- No Race numbers will be issued.
- In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age 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 their chronological age or any younger category down to senior.
- 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 1999 or later must display category tags "J" to qualify for age group 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 race official, may be disqualified.
- No personal seconding will be permitted, except at official refreshments stations.
- Licensed athletes 70+ Free. Unlicensed 70+ R35.
- Time limit for the 10km run is 2 hours. Cut off 09h00.
- 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.
- 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 9h00.