



NEDBANK
RUNNING
CLUB
WPA

JETOUR

10KM

ROAD RACE | 5KM FUN RUN



31 OCTOBER 2026

10KM: 6:30am | 5KM: 7:15am



Enter on: www.entryninja.com

Races start behind Virgin Active Top Level Parking

RACE COST

Licensed	R140
Unlicensed	R200
Junior (Licensed)	R90
Junior (Unlicensed)	R130
70+ (Licensed)	Free
70+ (Unlicensed)	R60
5km Fun Run	R80

RACE NUMBER COLLECTION

Friday, 30 October 2026

**16h00 - 19h00 at Jetour
Cape Gate Lifestyle Centre**

Saturday, 31 October 2026

**05h00 to 06h15 at Virgin Active
Cape Gate Lifestyle Centre**



Cape Gate





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10 km Prize Money

CATEGORY	1ST	2ND	3RD
OPEN	1500	1000	800
JUNIOR	400	300	200
40 - 49	400	300	200
50 - 59	400	300	200
60 - 69	400	300	200
70+	400	300	200

OPEN TEAM PRIZE	
MENS	4 X R250
LADIES	4 X R250

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 **2026** licenses on the front and back of their vest.
- Temporary license holders registering must complete the tear off strip from the number and hand in at registration to be eligible to compete
- 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
- Minimum age for 5 km race is 12 years on race day.
- 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
- Juniors born 2007 or later must display category tags "J" to qualify for age group prizes
- No personal seconding will be permitted, except at the official refreshments stations
- Licensed athletes 70+ is Free of Charge. Unlicensed athletes 70+ is **R60** (temp number)
- Time limit for the 10km is 2 hours Cut off is at 08h30am
- Tog Bag facilities will be provided at own risk
- Organisers, ASA 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
- Detail rules are available on www.wpa.org.za or on request from the organisers or the WPA office
- Wheelchair athletes must contact the organisers timeously to discuss arrangements for their participation
- Prize giving will take place at 9h00am at **Jetour** Cape Gate Lifestyle Centre
- 5km Fun Run: No License or Club Colours Necessary.
- Children under 12 must be accompanied by an adult



Cape



Gate

