



**NEDBANK  
RUNNING  
CLUB**

**CGA Approved Race**



# 10KM ROAD RACE

**Taroko Trail Park | Modderfontein  
10th September 2023 | 7am**

**Together with our valued sponsors, we are excited and proud to launch our inaugural 10km road race.**



**Medal to  
all finishers**



**Free T-shirt  
to the first  
500 entrants**



**3 water  
tables**

**Entries are OPEN and everyone welcome -  
fantastic cash prizes & vouchers up for grabs.**

**Online registration link: <http://onreg.com/nedbankten2023>**

**Entry fee: R190 | Grand master (60+): R130 | Temporary licence: R60**

**The above fees exclude service charge | Limited to 2000 entries**



CENTRAL GAUTENG  
#ATHLETIC  
**CGA Approved Race**



**STONEHILL CROSSING MALL**



**THIRSTI**



**Bavaria  
MALT**



**Race rules:**

1. The event is held under the rules of ASA and CGA.
2. Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
3. All athletes participate at their own risk. Athletes acknowledge by entering the event that they are medically fit to participate. All athletes must supply the name and contact number of their next of kin on both the race number and entry form.
4. Licensed athletes must wear club colours and their 2023 license number back and front, on the upper body of the garment and the issued race number worn on the front of vest without concealing the sponsors names. Licensed athletes who do not wear their 2023 license numbers must purchase a temporary license on the day or face disqualification.
5. Temporary licensed athletes to wear plain clothing with the issued temporary license on the back of their vest.
6. Athletes competing for category prizes must wear clearly visible age tags of the appropriate size, on the back and front of their running vest.
7. No seconding allowed.
8. International Athletes must provide a clearance letter (from their country of origin) to the organizers and chief referee prior to the start of the event. Prizes will be withheld if this rule is not adhered to.
9. Walkers competing for Walkers prizes (if any) must wear Walker tags on the front and back of their running vest and adhere to IAAF rule 230.
10. No blades, cyclist or mechanically operated devices allowed in the race.
11. No 2, 3 or 4 wheel carts/prams which are mechanically or manually operated by participants, or wheelchairs athletes will be permitted to participate without special permission has been granted from the race organiser. All such participants MUST start at the back of the field.
12. No animals/pets are allowed to participate.
13. Only South African athletes are eligible for team prizes. The domicile rule applies.
14. All instructions from traffic and race officials must be obeyed at all times.
15. Proof of age for prize winners is required and must be presented to the referees before prize giving. Prizes will be withheld until all the necessary details of the winners are confirmed.
16. Only those who have completed all the information required in the race entry/number are eligible for prizes.
17. No refunds.
18. No earphones, iPods and the like allowed and contravention of IAAF rule 144.2b, may lead to disqualification.
19. Athletes may not run with another athlete's race number unless by prior arrangement with the race organizer.
20. The race organizer retains the right to refuse entry and eject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission.
21. Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge. Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a CGA disciplinary.
22. Licenced athletes not wearing club colours may face disqualification.
23. Littering is not allowed. Athletes are to dispose of any litter in appropriate bins. Athletes can be disqualified if they litter.
24. Objections/disputes must be lodged within 30 minutes before and after prize giving in writing to the chief referee accompanied by R500.00 which is refundable if the appeal is upheld.
25. No athletes should be denied his prize money if he/she has entered a race, and allowed to start without an electronic chip, providing that the referees have spotted him/her at each and every check point. This implies that the athlete has ran the entire race and won fairly.
26. Foreign athletes are not allowed to run with a ASA Provincial license and are required to purchase a temporary license or face disqualification. (Refer to IAAF rule 4.)
27. Foreign athletes are not allowed to run in club colours unless such club exist in their country of origin or they are in possession of a refugee status permit or are naturalized citizens of RSA.
28. Age requirements are race/distance dependent: 10km - Minimum age is 14 years.



**Race Timing and Results**

The race will be timed by Peak Timing using a timing chip attached to participant's race number. All distances will be timed gun to mat. Results will be available <https://peaktiming.co.za/results>

**Race Support and Facilities**

Plenty of safe parking space will be available at Taroko Trail Park.  
Water points will be available every 3 km.

**Race Pack Collection**

- Race packs can be collected at the below location and times:
- Friday, 08 September 2023, between 16h00 – 19h00 at the Stonehill Crossing Shopping Centre, Greenstone Hill
  - Saturday 09 September 2023, between 09h00 – 16h00 at the Stonehill Crossing Shopping Centre, Greenstone Hill
  - Race day, 10 September 2023, between 05h00 – 06h30 at Taroko Trail park, Modderfontein

**Entries Closing Date**

Online entries close on 03 September 2023.

**Prize Giving**

8:30am - Taroko Trail Park on race day.

**Race enquiries:** Samantha +27 72 777 2003 (WhatsApp only) | Chelsea +27 82 447 4110 (WhatsApp only)

**Email:** nedbankrunningclubcg@gmail.com

Proudly supporting



**Prizes to the value of...**

Juniors		Overall		Veterans		Masters		60 +	
Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
1 <sup>st</sup> R1000,00	R1000,00	R3000,00	R5000,00	R1500,00	R1500,00	R1500,00	R1500,00	R1500,00	R1500,00
2 <sup>nd</sup> R600,00	R600,00	R2000,00	R2000,00	R1000,00	R1000,00	R1000,00	R1000,00	R1000,00	R1000,00
3 <sup>rd</sup> R400,00	R400,00	R1000,00	R1000,00	R600,00	R600,00	R600,00	R600,00	R600,00	R600,00

