

Kloppers SPORT



**NEDBANK
RUNNING
CLUB**



10km Run & 5km Fun Run Saturday, 9 September 2023

In proud association with Nedbank Running Club CT

10KM: 7AM / 5KM: 7:30AM
ENTER ON: WWW.TOPEVENTS.CO.ZA
**Race Starts at behind Virgin Active Top Level
Parking (Cape Gate Lifestyle Centre)**

*Lucky
Draw Prizes*

**MEDALS
TO ALL
FINISHERS**

Entry Fee: R90 Licensed / R135 Unlicensed
Juniors: R55 Licensed / R80 Unlicensed
Fun Run Entry Fee: R60

Race Number Collection: Kloppers Sport Cape Gate Lifestyle Centre
Friday, 8 September 2023: 15h00 to 19h00
Saturday, 9 September 2023: 05h00 to 06h00

R1000 Incentive for Male & Female Records
Male Record: 29.47min / Female Record 35.39min

Enquiries: nedbankct@gmail.com or 083 278 9316



WESTERN PROVINCE ATHLETICS





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 2023 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
- Club colours must be worn to qualify for the team prize
- 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 2004 or later must display category tags "J" to qualify for age group prizes. Juniors will count towards Open Team 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 a race official may be disqualified
- No personal seconding will be permitted, except at the official refreshments stations
- Licensed athletes 70+ is Free of Charge. Unlicensed athletes 70+ is R40 (temp number)
- Time limit for the 10km is 2 hours Cut off is at 9h00am
- 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 Kloppers Cape Gate Lifestyle Centre
- 5km Fun Run: No License or Club Colours Necessary. Children under 10 must be accompanied by an adult



R1500



R1000



R800

Open

Junior

R300

R250

R200

40-49

R500

R400

R300

50-59

R400

R300

R250

60-69

R300

R250

R200

70+

R200

R150

R100

**Prize Money:
Male & Female**

TEAM PRIZE

4 X R250



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