



Central Athletics

10km Nature Run & 5km Fun Run



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Sunday, 18 December 2022
False Bay Nature Reserve
Zeekoevlei

10km - 06:30 and 5km - 07:15



Distance	Licensed	Unlicensed
10km Nature Run	R 80	R 120
10km Junior	R 50	R 75
5km Fun Run	R 40	R 40

70+ Free Entry

FREE SECURE PARKING available inside the False Bay Nature Reserve.

TOILETS inside the False Bay Nature Reserve as well as at the hall.

A TOG BAG FACILITY will be available for use at the Runners Own Risk.

Each kilometer will be clearly marked.

MEDALS TO ALL FINISHERS! CUT-OFF TIME FOR THE RACE IS 08:30

PLEASE NOTE THIS IS A SACHET FREE

#CARRY YOUROWN RACE!



To avoid single use plastic sachets, you can start with a full bottle (or soft flask) or carry a collapsible cup from the start. All litter must be put in bins on the route. Runners seen littering will be disqualified. There will be ONE refill station with paper cups at the 5km mark.

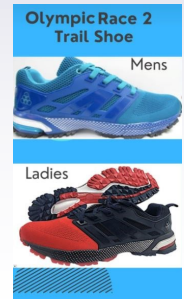
Enter online at www.quicket.co.za or on the day.

RACE RULES:

1. The race is run according to the ROAD RUNNING RULES of ASA and WPA.
2. Minimum age for competitors: 10km run: 14 years or older on race day.
3. 5km fun run/walk: toddlers and children under the age of 10 year old must be accompanied by an adult.
4. Licensed runners must wear both 2022 license numbers (front & back), and should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
5. Runners who purchase a temporary license must wear it on the front of their vest or T-shirt.
6. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete and be eligible for category prizes.
7. Age category tags (eg. J, 40, 50, 60 etc.) must be worn (front and back) and visible for the entire race to be eligible for any age category prize. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear appropriate age tags and provided proof of age.
8. Cut-off times: 10km Run: 08:30 (2 hours); 5km Fun run: 08:30 (1 hour and 30 min)
9. Entry Cards must be in the athletes possession during the race and must be handed in at the results board to ensure time is recorded and eligibility for category prizes.
10. Only entrants at prize giving will be eligible to win lucky draw prizes.
11. Prize giving will start at 08h30.
12. 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 tags must be worn on the front and back of the club vests.
13. Participants may enter the age category corresponding to their chronological age or any younger category down to senior. Juniors (born 2003 or later) must display age "J" tags front and back to qualify for junior age group prizes.
14. The participant indemnifies the club, its members, sponsors, organizers and WPA of any injury, damage, loss or illness which may occur during the event.
15. Runners must obey Traffic Officers, Race Officials and Race Marshals at all times.
16. No personal seconding will be permitted, except at official refreshment stations.
17. Refreshment stations will be provided at regular intervals in accordance with the rules of ASA and WPA.
19. Results will be sent to clubs and be available on www.wpa.org.za
20. Do not litter. Dispose of cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. #RunClean.
21. The use of music players with headphones is not allowed and may result in disqualification.
21. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
22. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

TWO pairs of Olympic men's and ladies running shoes up for grabs!

OLYMPIC



DISCLAIMER: Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletics bodies and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event.

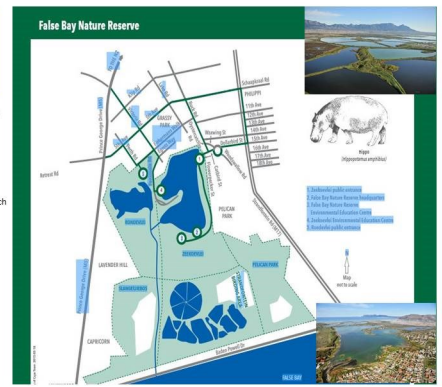
PRIZE MONEY: Prize-giving will commence at 08:30

14-19	OPEN	40-49	50-59	60-69	70+
R500	R1000	R500	R500	R500	R500
R300	R500	R300	R300	R300	R300
R200	R300	R200	R200	R200	R200



Easy Directions to False Bay Nature Reserve Headquarters (Zeekoeivlei)

1. Take Jan Smuts Drive from Athlone, Lansdowne, Wetton Circle area (which becomesold Strandfontein Road like you would drive to Strandfontein) south
2. Continue on the road past Lotus River, 5th avenue before you get to Pelican Park
3. Look out for the Kentucky Fried Chicken (KFC) outlet and Shoprite Supermarket on your right.
4. Turn right at that Traffic lights (Robots) at the KFC and follow the road past the circle which takes you straight to the entrance of the False Bay Nature Reserve.
5. Continue along the road until you get to the Zeekoeivlei False Bay Nature Reserve Headquarters. Marked number 2 on the map.
6. Ample parking area is available on your right.
7. Registration will take place in the hall.
8. All participants will have to complete an indemnity form.
9. There are braai spots available for those wishing to have a braai afterwards.



PLEASE NOTE ENTRIES ARE LIMITED!

Registration and online entry collection will be done at hall at the False Bay Nature Reserve from 05:00 on the day of the race.

For enquiries please contact: Adnaan Mohamed 083 427 4647 or Nurjehan Perin on 082 304 7764; email: centralathleticsclub@gmail.com or visit www.centralathletics.co.za

