



# Kloppers SPORT

## 10km Run & 5km Fun Run

In proud association with Nedbank Running Club CT

# Saturday, 1 October 2022

**CAPE GATE LIFESTYLE CENTRE**

**10KM: 6.30AM / 5KM: 7AM**

**ENTER ON: WWW.TOPEVENTS.CO.ZA**

**10km Senior Entry: R80 (Senior Unlicensed Entry: R120)**

**10km Junior Entry: R50 (Junior Unlicensed Entry: R75)**

**5km Entry Fee: R60**

**Race Number Collection: Thursday, 29 and Friday 30 September 2022**

**Time: 14h00 to 19h00 at Kloppers Sport Cape Gate Lifestyle Centre**

**Saturday, 1 October 2022: 5h00am to 6h00am**



**Enquiries: nedbankct@gmail.com or 083 278 9316**



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## 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 2022 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 2003 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 8h30am
- 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](http://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 8h30 at Kloppers Cape Gate Lifestyle Centre
- 5km Fun Run: No License or Club Colours Necessary. Children under 10 must be accompanied by an adult

	1	2	3	4	5
OPEN	R1000	R750	R500	R300	R200
JUNIOR	R300	R250	R200	<b>TEAM PRIZE: 4 X R200</b>  <b>MEDALS TO ALL FINISHERS</b>	
40 - 49	R350	R300	R250		
50 - 59	R300	R250	R200		
60 - 69	R300	R250	R200		
70+	R200	R150	R100		