

10th

GROWTHPOINT  
PROPERTIES

# SUNDOWNER

10KM

EASTERNS  
KRAAIFONTEIN



ATHLETIC CLUB

**TUESDAY 13TH DECEMBER 2022**  
**START TIMES: MEN: 18:00 - WOMEN: 18:15**

**Venue: V&A Waterfront Helipad Service Road.**

**Finish: Behind the Table Bay Hotel**

**Entry Fee: R120.00**

**Temp Licence: Senior R40.00, Junior R25.00**

**Card Collection:**

**Sportsmans Warehouse V&A Waterfront**  
**Saturday 10th Dec 10:00 - 17:00**

**Sunday 11th Dec 10:00 - 15:00**

**Tuesday 13th December 13:00 - 17:00**

**LOTS OF LUCKY DRAW PRIZES ON RACE DAY**

**PLEASE NOTE THIS IS AN ONLINE ENTRIES EVENT ONLY [WWW.TOPEVENTS.CO.ZA](http://WWW.TOPEVENTS.CO.ZA)**

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- keep discovering -  
[www.waterfront.co.za](http://www.waterfront.co.za)



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ATHLETIC CLUB

**Sportsmans  
Warehouse**  
winning starts here



WESTERN PROVINCE ATHLETICS  
[www.wpa.org.za](http://www.wpa.org.za)



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Western Cape  
Government  
FOR YOU

# RACE INFORMATION AND ORGANISATION

Enquiries – Email [Info@topevents.co.za](mailto:Info@topevents.co.za)

**ENTRIES CLOSE:** Sunday, 4th December 2022 @ Midnight.

## RACE RULES:

### ENTRY RULES

1. The race is run according to the rules of ASA & WPA.
2. Runners must obey traffic officers, race marshals, race officials.
3. The Growthpoint Properties Sundowner is open to all licenced and non-licenced runners of 14 years and older for the 10km.
4. Supporters are requested not to follow athletes on the route. 1 Refreshment point will be supplied offering a combination of water and Coca-Cola. This event is plastic sachet free and will have water refill stations. Participants are encouraged to carry their own.
5. The time limits are 2 hours for the 10km.
6. One race number (bib) will be issued. Registered athletes must wear their ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
7. Entry cards must be in the athletes possession during the race and handed in at the results board at the finish.
8. You can purchase age category tags directly from Western Province Athletics or at card collection.  
**NO Tags no prize.**
9. Temporary licensed runners to wear plain clothing, no advertising.
10. The use of music players with headphones is not allowed and may result in disqualification.
11. Do not litter. Dispose of any refuse responsibly by using the boxes provided or carry them to the finish. Report offenders to the referees.
12. 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.
13. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
14. Wheelchair athletes must please contact the organisers at least one month prior to the official race date to discuss arrangements for their participation.

## PRIZE GIVING AND PRIZES

1. **Prize giving:** A full Prize Giving will take place in the Amphitheatre at 20:00. Please note if you are a prize winner you will be contacted after the event for your banking details and your prize money will be eft'd to you after the event.
2. 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 Club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
3. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
4. There will be NO team prizes.

	14 - 19	OPEN	40 - 49	50 - 59	60 - 69	70+
1 <sup>st</sup>	R550	R1750	R550	R550	R550	R550
2 <sup>nd</sup>	R450	R1250	R450	R450	R450	R450
3 <sup>rd</sup>	R350	R750	R350	R350	R350	R350

