

Sunday 1st September 2024

Riverwood College

START TIME 07:00



Enter online at www.eventtiming.info

ALL FINISHERS RECEIVE A CAPITAL

CLIMB MEDAL FIRST 400 ONLINE

ENTRIES RECEIVE A T-SHIRT!!

RACE DAY PARKING

Sportsfield Opposite

Royal Showgrounds

Old Howick Road



Hosted by
Midlands Athletics Club

LUCKY DRAW

PRIZES TO BE WON



**KWAZULU-NATAL
ATHLETICS**



RACE INFORMATION

Date: Sunday, 1 September 2024
Start: Riverwood College at 7h00
Finish: Riverwood College
Distance: Licensed & Temporary Licensed Runners: New Route 16km / Fun Run: 5km
Time Limit: 3 hours - Everyone completing the course by 10h00 will receive a medal
Rules: 16km: Open to all competitors over 16 years of age. 5km fun run: Over 9 years of age.
All entrants must abide by the rules and decisions of the organisers and must be medically fit to run. Runners participate at their own risk and the organisers and sponsors will in no way be held responsible for any injury or illness incurred during/or as a result of the event, or for any property damaged on the course or in the changing area. All participants must wear correct club colours with 2024 license numbers front and back of vest. The numbers are not to be worn on shorts. Age category tags must be worn on front and back of vest and must be clearly visible in order to qualify for the age category prizes. No personal seconding allowed. Affiliated athletes are covered by insurance. Contact KZN Athletics for details. All foreign athletes must comply with WA Rule CR1.7, TR4.1, TR4.2 and ASA Rule 9. Traffic Officers, Technical Officials and Marshalls must be obeyed. Event is run subject to the rules of WA, ASA and KZNA. No dogs allowed. Temporary licenses must be worn on the back with the race number on the front of the vest/crop top and runners are to wear plain coloured vests with no advertising in accordance with WA and ASA Advertising Regulations. Holders of Temporary Licenses will be eligible for individual prizes and may claim category prizes in keeping with WA and ASA Rules.

Prize Giving: 9h45 at the finish

ENTRY FEE

Online entries close Wednesday, 28th August 2024

R180 per licensed athlete and R70 temporary license, compulsory for unlicensed runners
R150 per fun runner (5km)

Late entries and Race Pack Saturday 31 August 2024 at Riverwood College from 11h00 to 15h00
Sunday 1 September 2024 at Riverwood College from 6h00 to 6h45.

Collections: **16km:** R200 per licensed athlete and R70 temporary license, compulsory for unlicensed runners
5km: R170 per fun runner

POSTAL ENTRIES WILL NOT BE ACCEPTED

Contact Tony Morrison on 083 374 9502 or email capitalclimb@gmail.com for more information

MEDALS & PRIZES

Fantastic lucky draw prizes to be won!

Medals to all finishers, 900 medals will be presented on race day, the balance will be posted.

Prizes: 16km RUNNERS ONLY

First three licensed open men/ladies to finish: R800, R600 and R400 respectively

First to World's View summit: R200 (must be an official finisher) male/female

First male/female 35-39 R300

First male/female 40-49 R300

First male/female 50-59 R300

First male/female 60+ R300

PLUS! LUCKY DRAW PRIZES - WINNERS MUST BE PRESENT TO QUALIFY!

ENTRY FEE

First Name: _____ **Surname:** _____

Club: _____ **License Number:** _____

Cell No. (for SMS results) _____ **Email Address:** _____

ID Number: _____ **SA Citizen:** Yes No

Age on race day: _____ **Male** **Female**

Province: _____ **Category:** Open 35-39 40-49 50-59 60+

Race: 16km 5km fun run

INDEMNITY

I acknowledge that I am medically fit to participate and fully understand that I enter at my own risk. I hereby indemnify the race organisers against any claim which may result from my participation. The organisers, ASA and KZNA will not be held responsible for any injury or illness during/or as a result of the race, or for any property lost or damaged on the route or at the venue.

Signature: _____ **Date:** _____