



Boxing Day, Thursday,  
26 December 2024

# Central Athletics

## 10km Nature Run & 5km Fun Run



**False Bay Nature Reserve, Zeekoevlei**  
**Start 10km - 06:30 5km 07:15**

Distance	Licensed	Unlicensed
10km Nature Run	R100	R150
10km Junior	R50	R80
5km Fun Run	R50	R50

**70+ Free Entry for licensed runners**

**R50**

**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](http://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 2024 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. Race numbers (bibs) will not be issued. Unregistered runners must buy a Temporary Licence which must be worn on the front of the vest.
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 2005 or later**) must display age "J" tags front and back to qualify for junior age group prizes. **No team prizes will be awarded.**
14. Sections of the route are run on gravel roads/paths and are uneven underfoot. Trail shoes are recommended but not necessary.
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. **There will be one refreshment station at halfway in the 5km and the 10km route.**
19. Results will be sent to clubs and be available on [www.wpa.org.za](http://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](http://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.

**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

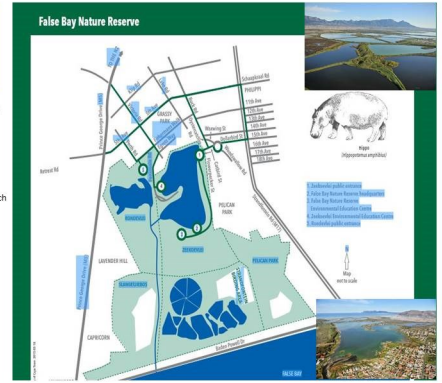
**PLEASE NOTE NO PRIZE MONEY WILL BE PAID ON RACE DAY!**

14-19	OPEN	40-49	50-59	60-69	70+
R300	R600	R300	R300	R300	R300
R200	R350	R200	R200	R200	R200
R150	R250	R150	R150	R150	R150



**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-Switjies)
2. Continue on the road past Lotus River, 5<sup>th</sup> 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.



**RONDEBOSCH EAST TOYOTA**  
[www.rondeboscheasttoyota.co.za](http://www.rondeboscheasttoyota.co.za) Tel: 021 637 9130

**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.

JACOBS • KARIEL  
 accountants | tax consultants

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 PACKAGING FIT FOR USE

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#RUN clean  
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