

Kloppers
SPORT

Cape Gate



NEDBANK
RUNNING
CLUB



10km | 5km

ROAD RACE

Fun Run

SATURDAY, 4 OCT 2025

10km: 6:30am | **5km:** 7:15am

Enter on: www.entryninja.com (Until 29 September)

In proud
association
with **Nedbank**
Running
Club CT.

Races start behind Virgin Active Top Level Parking (Cape Gate Lifestyle Centre)

Race Costs

Kloppers
SPORT

10% DISCOUNT
at Kloppers on purchase of
running shoes to all entrants!

10km Race Athletes

Licensed	R110
Unlicensed	R170
Junior (Licensed)	R65
Junior (Unlicensed)	R105
70+ (Licensed)	Free
70+ (Unlicensed)	R60

5km Family Run/Walk R60

Race Number Collection and Manual Entries

Friday, 3 October 2025

16h00 to 19h00

at Kloppers Sport, Cape Gate Lifestyle Centre

Manual Registrations

Saturday, 4 October 2025

05h00 to 06h15

at the Lifestyle Centre outside Virgin Active

*A limited number of 200 entries will be
available on the morning at the Life Style Centre.



Enquiries: nedbankct@gmail.com or 083 278 9316

*Lucky Draw
Prizes*



THIRSTI™



Cape Gate



Kloppers
SPORT

RACE RULES



1. The race is run according to the rules of ASA & WPA and is organised by Nedbank Running Club Cape Town
2. Minimum age on race day for the 10km Run is 14 years
3. Participants must obey instructions of Marshals and traffic officers
4. Licensed athletes should wear club colours. Unlicensed athletes must run in clothing without advertising
5. Registered athletes must wear their 2025 licenses on the front and back of their vest.
6. Temporary license holders registering must complete the tear off strip from the number and hand in at registration to be eligible to compete
7. 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
8. 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
9. Minimum age for 5 km race is 12 years on race day.
10. 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
11. Juniors born 2006 or later must display category tags "J" to qualify for age group prizes
12. 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
13. No personal seconding will be permitted, except at the official refreshments stations
14. Licensed athletes 70+ is Free of Charge. Unlicensed athletes 70+ is R60 (temp number)
15. Time limit for the 10km is 2 hours Cut off is at 08h30am
16. Tog Bag facilities will be provided at own risk
17. Organisers, ASA and WPA accept no responsibility for any accident or injury resulting from participation in the event
18. The use of music players with headphones is not allowed and may result in disqualification
19. 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
20. Detail rules are available on www.wpa.org.za or on request from the organisers or the WPA office
21. Wheelchair athletes must contact the organisers timeously to discuss arrangements for their participation
22. Prize giving will take place at 9h00am at Kloppers Cape Gate Lifestyle Centre
23. 5km Fun Run: No License or Club Colours Necessary. Children under 10 must be accompanied by an adult

10 km Prize Money

OPEN	R1500	R1000	R800
JUNIOR	R400	R300	R200
40-49	R400	R300	R200
50-59	R400	R300	R200
60-69	R400	R300	R200
70+	R400	R300	R200

R1000 Incentive for Male & Female Records



Male Record

29.47min



Female Record

35.39min

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.



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