

13th

GROWTHPOINT
PROPERTIES

SUNDOWNER

10KM

EASTENS
KRAAIFONTEIN



ATHLETIC CLUB

TUESDAY 9TH DECEMBER 2025

START TIME: 10KM: 18:00 // 5KM: 18:15

Start: Vlei Road, Green Point

Finish: Green Point Cricket Club

Entry Fee: 10km Senior: R140.00 // 10km Junior: R100.00 70+ Free

Temp Licence: 10km Senior: R60.00 10km Junior: R40.00

5km fun run: R70.00

Number Collection:

Saturday 6th December 2025, 10:00 – 17:00 @

Sportsmans Warehouse Rondebosch

Sportsmans Warehouse Tyger Valley

Sportsmans Warehouse V&A Waterfront

ONLY THE 10KM EVENT WILL BE CHIP TIMED.

THIS 10KM IS ONLY AN ONLINE PRE-ENTRY EVENT. WWW.TOPEVENTS.CO.ZA

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WESTERN PROVINCE ATHLETICS

Coca-Cola
Peninsula
Beverages


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RACE INFORMATION AND ORGANISATION

Enquiries – Email Info@topevents.co.za or Rochen Deelie on 0833025594

ENTRIES CLOSE: MIDNIGHT 26TH NOVEMBER 2025. NO LATE ENTRIES WILL BE ACCEPTED FOR THE 10KM DUE TO THE CHIP TIMING.

RACE 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. 5km fun run participants under the age of 10 years must be accompanied by an adult.
4. Supporters are not to follow athletes on the route.
2 refreshment stations 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 and 1 hour for the 5km fun run.
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 in order to be eligible to participate. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete. For the 5km fun run, only one bib will be issued which must be worn on the front of the vest.
7. You can purchase age category tags directly from Western Province Athletics or at number collection.
NO Tags no prize.
8. Temporary licenced runners to wear plain clothing, no advertising.
9. The use of music players with headphones is not allowed and may result in disqualification.
10. Do not litter. Dispose of any refuse responsibly by using the boxes provided or carry them to the finish. Report offenders to the referees.
11. 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.
12. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
13. Wheelchair athletes must please contact the organisers at least one month prior to the official race date to discuss arrangements for their participation.
14. A tog bag facility will be available at the entrants own risk.
15. The 10km will start in batches. Official results will be based on Gun-to-Mat timing, in accordance with WA and ASA rules. Mat-to-Mat times will be provided for runner information only. Any athlete found using another person's number will be disqualified, and both parties will be disciplined. For all timing or results queries, please email support@finishtime.co.za.
16. **Seeding:** For the comfort and safety of all participants, 10km athletes will be seeded into Start batches based on the 10km time submitted when entering. Please respect this process by submitting a realistic time and adhering to the batch assigned.

PRIZE GIVING AND PRIZES

1. **Prize giving:** Prize Giving will take place at the Green Point Cricket Club @ 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 eff'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 licenced 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.

Male/Female	14-19	OPEN	40-49	50-59	60-69	70+
1 st	R1 000,00	R2 500,00	R900,00	R900,00	R900,00	R900,00
2 nd	R700,00	R2 000,00	R700,00	R700,00	R700,00	R700,00
3 rd	R500,00	R1 500,00	R500,00	R500,00	R500,00	R500,00

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