

# CapeGate SHOPPING PRECINCT **add HOPE RUN**

## 10Km Run / League walk & 5Km Fun Run Saturday 3 October 2009

**STARTING TIMES:** 10km Run 07:00 | 5km Walk 07:15

All 5km proceeds will be donated to a charity. Race packs for the first 1,000 entrants. Pre-entries on [www.enteronline.co.za](http://www.enteronline.co.za) (Entries closes 1 Oct 09)

Registration on 2 & 3 October at the Centre Court, CapeGate between 17h00 & 20h00. Event in accordance with the rules of A.S.A & W.P.A

Entry forms available at GRO Desk & Management Offices



**Pick n Pay**  
Inspired by you



**add HOPE**



the beauty, the choice  
[www.capegatecentre.co.za](http://www.capegatecentre.co.za)  
Management 021 981 2288  
Cnr Okavango & De Bron  
Brackenfell

# CapeGate SHOPPING PRECINCT **add HOPE RUN SPONSORS**

Thank You to all our sponsors:



**Pick n Pay**  
Inspired by you



**add HOPE**

### Prize Money 10km Race

Positions	Men / Women OPEN	Men / Women 40 - 49	Men / Women 50 - 59	Men / Women 60 - 69	Men / Women 70+	Men / Women 15 - 19
1.	R600	R300	R200	R150	R125	R125
2.	R500	R200	R150	R125	R100	R100
3.	R400	R150	R100	R100	R80	R80
4.	R300					
5.	R200					

\*10km Open Team Prize: 4 x R100 Men & Women

### Prize Money 10km League Walk

Positions	Men / Women OPEN	Men / Women 40 - 49	Men / Women 50 - 59	Men / Women 60 - 69	Men / Women 70+	Men / Women 15 - 19
1.	R200	R100	R100			
2.	R150	R80	R80			
3.	R100	R50	R50			

1. Minimum age on race day is 15 years (10km) and - 9 years (5km) | 2. Participants must obey instructions of marshalls/traffic officers.
3. Any participant not able to produce a race entry card, when asked to do so by a race official, will be disqualified. | 4. In addition to overall (open) prizes, participants will only be eligible for an age category prize in the age category they enter. | 5. Corresponding numerical age category tags must be worn on the front and back of the vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior. | 6. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags & provide proof of age. | 7. Juniors wearing a junior license or senior license must display age tags to qualify for age group prizes. | 8. Club colours must be worn to qualify for team prizes. | 9. Licensed runners must wear club colours & their 2009 licence number on the back of their vests. Unlicensed runners must wear a temporary licence number on the back of their vests. The official race number must be worn unaltered on the front of the participant's vest. | 10. No seconding from a moving vehicle will be allowed. | 11. Time Limit: 10km - 2 hours (starting at 07h00) | 12. 5km - No time limit (starting at 07h15) | 13. The organizers accept no responsibility for any accident or injury resulting from participating in this event. | 14. Any ruling by the race committee will be considered final. | 15. Athletes from the organizing club are not eligible for lucky draw prizes. | 16. Failure to comply with any rule may lead to disqualification.

## GENERAL

Please arrive early to avoid traffic congestion. | Race results will be sent to all Western Province Clubs. | All other clubs that need results must supply their postal address to the organizer. | Tog bag facilities will be available. 10km run - walkers also welcome. | First Aid at Start & Finish Water at each refreshment point +- every 3km.

## PRIZE GIVING

At the finish mark (Game Parking) | 3 October 2009 @ 10am  
Lucky draw prizes will be forfeited if the athlete is not present. Sponsored prizes are not exchangeable for cash.

## MEDALS

**GOLD** - First 10 males & first 10 females | **SILVER** - Next 1480 | **GOLD 5km** - First 400

## RACE RESULTS

[www.raceresults.co.za](http://www.raceresults.co.za) | [www.wpa.org.za](http://www.wpa.org.za)

## ENTRY FEES

5km - R10 | 10km - R20 - Licensed athletes (R10.00 Juniors) R35 - Unlicensed athletes (R18.00 Juniors)

## ENTRY FORM

Surname  First Name

I.D. Number

Telephone  Cell Number

E-mail

Club Name  2009 License no.

Province

5km  10km  MALE  FEMALE

Age Category

15-19  40-49  50-59  60+  Open

Declaration: I am medically fit to run/walk & understand that I enter at my own risk. Athletes indemnify the national, provincial & regional bodies, sponsors & organisers of the race against all or any actions of whatever nature, whether some may be arising out of their participation in the race.

Signature  Date

Parent or Guardian Signature (if under 18 years of age)

## FURTHER INFORMATION

Wilby Steenkamp : 084 200 4588 | Jacques van Heerden : 082 962 3538  
Guest Relations Desk : 021 981 2331



the beauty, the choice  
[www.capegatecentre.co.za](http://www.capegatecentre.co.za)

Management 021 981 2288  
Cnr Okavango & De Bron  
Brackenfell