

KLOOF NEK CLASSIC

Sunday 31 January 2016
6am, Camps Bay High School



Enter online at www.racetraq.co.za until 27 Jan 2016 or at the race from 5am. Online entry collection: 30/1/2016 @ Camps Bay High School from 9am to 2pm or on race day. There is no additional fee for entering online.

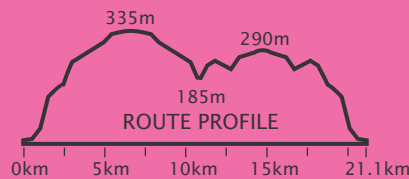
- Handouts to finishers + Spot prizes | Permanent number for 5 climbs**
- Licenced Athletes: R70 | Unlicenced: R100
 Masters 60-69: R30 | Masters 70+: free
- Refreshments on sale before & after the race | Water tables every 3 km
- Tog bag & key security facility will be provided at owners' risk
- Separate starting area for women
- Race T/Shirts | R150-00, can be purchased on race day, during online entry or email brenda@asherproperties.co.za
- Cut off 3 hours | Prize giving will start at 9am.

PRIZE MONEY for men & women

	Juniors	Open	40-49	50-59	60 +	70 +
1st	R 300.00	R 600.00	R 350.00	R 350.00	R 350.00	R 200.00
2nd	-	R 450.00	R 300.00	R 300.00	R 300.00	R 150.00
3rd	-	R 400.00	R 250.00	R 250.00	R 250.00	R 100.00

COURSE RECORDS

category	holder	time	year
junior male	Lufumba Sakila	1:15:19	2011
open male	Sibusiso Mbingeleli	1:09:55	2010
40-49 male	Vladimir Kotov	1:13:49	2005
50-59 male	Kosie Botha	1:21:49	2007
60 + male	Brian Key	1:32:27	2001
junior female	Susie Petersen	1:56:34	1995
open female	Kim Laxton	1:22:39	2007
40-49 female	Joanna Thomas	1:28:09	2011
50-59 female	Viv Williams	1:38:44	2015
60 + female	Nancy Will	1:44:11	2015



RACE INQUIRY

Brenda Austin - 082 5617748
brenda@asherproperties.co.za

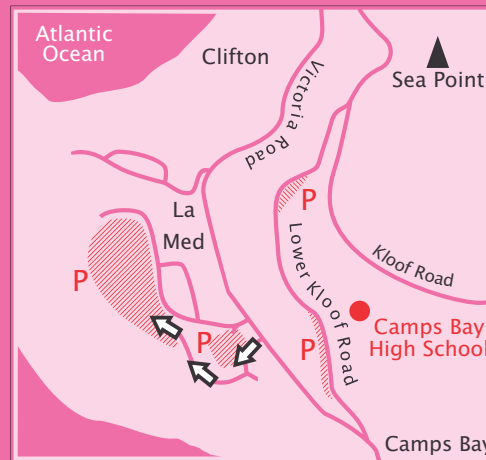
RULES AND INFORMATION

- Run in accordance with the rules of ASA and WPA.
- Participants must be 16 years or older on race day.
- Licensed athletes must run in club colours with licence numbers valid for 2016 worn on the front AND back of vest. No race numbers will be issued.
- Traffic officials and marshals must be obeyed at all times, failing which, disqualification may follow.
- Race entry cards to be carried for the duration of the race.
- No personal seconding from a moving vehicle will be permitted, only at official refreshment stations.
- For safety reasons the use of personal music players during road races is strongly discouraged. Any person using such device in contravention of IAAF Rule 144.3(b) who fails to obey a reasonable instruction from a race official may be disqualified, and shall not be eligible for individual or team prizes.
- Every kilometer will be marked.
- Results will be sent to all clubs and published on www.wpa.org.za
- Athletes enter entirely at their own risk; organisers, sponsors and WPA are not responsible for any loss, damage or injury to participants.
- Age tags must be worn on the front and back of the vest to to qualify for category prizes.
- 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.
- 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.
- Juniors (born 1997 or later) wearing a junior or senior licence number must display age tags to qualify for age group prize.
- Parking - please park in the designated parking areas, all parking at drivers risk. Vehicle patrols are not practical and will not be in operation. Lock your car then use tog bag and key security on sports field.

** After your 5th Kloof Nek Classic, you are entitled to a permanent number. Please advise the race organisers in writing if you will be qualifying for a permanent number by 27 January 2016. email (brenda@asherproperties.co.za)

Note: If you do not supply this information, you will not be recognized on the day of the race.

No Parking on school grounds.
 Parking areas shown below:



PREVIOUS WINNERS

	MEN	YEAR	WOMEN
Dion Middelkoop	1995	Cynthia Hardenburg	
Joseph Jantjies	1997	Esmè Solomon	
John Jacobs	1998	Farwa Mentoor	
Donovan Wright	1999	Rita Toto	
Owen MacHelm	2000	Norooi Sikunana	
Richard Fryer	2001	Nina Barnard	
Neo Molema	2002	Viv Williams	
Neo Molema	2003	Viv Williams	
Neo Molema	2004	Elske Schabort	
Sibusiso Mbingeleli	2005	Elske Schabort	
John Mboko	2006	Kathleen Shuttleworth	
Marks Mpekula	2007	Kim Laxton	
Zolile Bhitane	2008	Kim Laxton	
Zolile Bhitane	2009	Nomvuyisi Seti	
Sibusiso Mbingeleli	2010	Joanna Thomas	
Sityhilo Diko	2011	Joanna Thomas	
Neo Molema	2012	Lena Lotter	
Admire Rushika	2013	Michelle Dreyer	
Mthandazo Qhina	2014	Fortunate Chidzivo	
Siviwe Nkombi	2015	Laura Peddle	



The FIT2000 race committee would like to thank its sponsors for their commitment and the various helpers from other clubs for their assistance.

Printed by Altstadt Printing - 021 447 0093



WESTERN PROVINCE ATHLETICS

Race flyers and results : www.wpa.org.za
wpa-subscribe@yahooooups.com