Sunday 6 Sept, 2026 07:00 AM

Riverwood College

CAPITAL CLIMB

KWAZULU-NATAL ATHLETICS

MIDLANDS ATHLETIC CLUB

RIVERWOOD COLLEGE
Forward ★ Vorentoe ★ Phambili

Enter online at www.eventtiming.info

Capital Climb Race Information

- All finishers will receive a Capital Climb Medal.
- Be among the first 500 online entries to receive a T- Shirt and Goodie-Bag.

Great Lucky Draw Prizes Up for Grabs

Race Day Parking

- Parking is available at the sports field opposite the Royal Showgrounds on Howick Road.

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RACE INFORMATION

Date: Sunday, 6 September 2026
Start: Riverwood College at 7h00
Finish: Riverwood College
Distance: Licensed & Temporary Licensed Runners: New Route16km / Fun Run: 5km
Time Limit: 3 hours - Everyone completing the course by 10h00 will receive a medal
Rules: 16km: Open to all competitors over 16 years of age. 5km fun run: Over 9 years of age. All entrants must abide by the rules and decisions of the organisers and must be medically fit to run. Runners participate at their own risk and the organisers and sponsors will in no way be held responsible for any injury or illness incurred during/or as a result of the event, or for any property damaged on the course or in the changing area. All participants must wear correct club colours with 2026 license numbers front and back of vest. The numbers are not to be worn on shorts. Age category tags must be worn on front and back of vest and must be clearly visible in order to qualify for the age category prizes. No personal seconding allowed. Affiliated athletes are covered by insurance. Contact KZN Athletics for details. All foreign athletes must comply with WA Rule CR1.7, TR4.1, TR4.2 and ASA Rule 9. Traffic Officers, Technical Officials and Marshalls must be obeyed. Event is run subject to the rules of WA, ASA and KZNA. No dogs allowed. Temporary licenses must be worn on the back with the race number on the front of the vest/crop top and runners are to wear plain coloured vests with no advertising in accordance with WA and ASA Advertising Regulations. Holders of Temporary Licenses will be eligible for individual prizes and may claim category prizes in keeping with WA and ASA Rules.
Prize Giving: 9h45 at the finish

ENTRY FEE

Online entries close Wednesday, 2nd September 2026
R220 per licensed athlete and R80 temporary license, compulsory for unlicensed runners
R200 per fun runner (5km)

Late entries and Race Pack Collections: Saturday 5th September 2026 at Riverwood College from 11h00 to 15h00
Sunday 6th September 2026 at Riverwood College from 6h00 to 6h45.
16km: R220 per licensed athlete and R80 temporary license, compulsory for unlicensed runners
5km: R200 per fun runner

POSTAL ENTRIES WILL NOT BE ACCEPTED
Contact Tony Morrison on 083 374 9502 or email capitalclimb@gmail.com for more information

MEDALS & PRIZES

Fantastic lucky draw prizes to be won!

Medals to all finishers, 900 medals will be presented on race day, the balance will be posted.
Prizes: 16km RUNNERS ONLY
First three licensed open men/ladies to finish: R800, R600 and R400 respectively
First to World's View summit: R200 (must be an official finisher) male/female

First male/female	35-39	R300
First male/female	40-49	R300
First male/female	50-59	R300
First male/female	60+	R300

PLUS! LUCKY DRAW PRIZES - WINNERS MUST BE PRESENT TO QUALIFY!

ENTRY FEE

First Name: _____ **Surname:** _____
Club/School: _____ **License Number:** _____
Cell No. (for SMS results) _____ **Email Address:** _____
ID Number: _____ **SA Citizen:** Yes ☐ No ☐
Age on race day: _____ **Male** ☐ **Female** ☐
Province: _____ **Category:** Open ☐ 35-39 ☐ 40-49 ☐ 50-59 ☐ 60+ ☐
Race: 16km ☐ 5km fun run ☐

INDEMNITY

I acknowledge that I am medically fit to participate and fully understand that I enter at my own risk. I hereby indemnify the race organisers against any claim which may result from my participation. The organisers, ASA and KZNA will not be held responsible for any injury or illness during/or as a result of the race, or for any property lost or damaged on the route or at the venue.

Signature: _____ **Date:** _____