



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Coca-Cola
Peninsula
Beverages



DLK GROUP
A CULTURE OF EXCELLENCE



WESTERN PROVINCE ATHLETICS



RUN AS ONE 2026

POWERED BY NANTES ATHLETIC CLUB



THURSDAY
24 SEPTEMBER 2026

Start and Finish

Secure parking in the stadium grounds.



ATHLONE STADIUM

10KM RACE: 7:00

Social walkers are welcome

5KM FUN RUN: 7:15

FOR MORE INFORMATION:



marketing@nantesac.co.za



Sabrie Domingo
083 698 8445

Tina Seale
073 289 8644

Lots of lucky draw
prizes!



ONLINE ENTRIES:

www.webtickets.co.za

Entry collection at Vygieskraal Stadium:
21- 23 September 2026, 17:00 - 19:00

Entry collection and limited race entries available on
race day at Athlone Stadium, 5:00 to 7:00

Enter Now



PRIZES MALE & FEMALE

CATEGORY	1st	2nd	3rd
Junior	R500	R400	R300
Open	R750	R650	R500
40-49	R500	R400	R300
50-59	R500	R400	R300
60-69	R500	R400	R300
70+	R500	R400	R300
Open Team	4 x R200		

ENTRY FEES

(Online entries will incur an additional admin fee of R10)

Licensed Athletes	R120
Unlicensed Athletes	R180
Juniors (Licensed)	R80
Juniors (Unlicensed)	R120
70+ (Licensed)	free
70+ (Unlicensed)	R60
5km Fun Run	R70

- In addition to 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.
- Free entry to all 70+. Proof of age may be required on registration.
- 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 in 2007 or later) wearing a senior or junior licence must display category tags "J" to qualify for age group prizes.
- No personal seconding will be permitted except at official refreshment stations.
- Time limit of the race is 2 hours and prize giving will follow soon after 9:00.**
- The race is run in accordance to the rules of ASA and WPA.
- Participants must be 14 years of age or older on race day in order to run this race.**
- Race numbers (bibs) will not be issued. All registered athletes must wear two (2) valid licence numbers.
- Unregistered participants must purchase a Temporary Licence, which must be worn on the front of the shirt or vest.
- Temporary licence holders, when registering, must complete and hand in the tear off strip from the number in order to be eligible to compete.
- Licenced athletes should wear club colours.
- Temporary licenced athletes must run in clothing without advertising.
- For team prizes, athletes must be SA citizens, wear full club colours and participate with a permanent 2026 ASA licence.**
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- Social walkers welcome in the 10km. Please to start towards the back and give way to faster runners.**
- Entry cards must be in the athlete's possession during the race and handed in at the results board at the finish.
- Results will be available on www.wpa.org.za
- Do not litter!**
- Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish.
- Any participants caught littering must be reported to the referees.
- The use of music players with headphones is not allowed and may result in disqualification.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- Children under 12 participating in the Fun Run must be accompanied by an adult.**
- Detailed rules are available at www.wpa.org.za or on request from the organisers or the WPA office.



The map displays a proposed blue route with 10 numbered stops (1-10) in the Kewtown area. The route starts at a red location pin near the M18 highway, passes through Kewtown, Silvertown, and Brimmetown, and ends near the Black River. The map includes street names, a scale bar (10km), and a north arrow.

The map displays the Kewtown area in Cape Town, South Africa. A blue route is marked with five numbered stops (1-5). Stop 1 is located on Koodoo Street. Stop 2 is on Suikerbos Street. Stop 3 is on Keweenaw Street. Stop 4 is on Field Crescent. Stop 5 is on Clover Crescent. A green shaded area, labeled 'Foot path 3' through 'Foot path 8', is situated between stops 3 and 4. The map includes various street names such as Protea Street, Koodoo Street, Dr. Abdurahman Avenue, Springbok Street, Field Crescent, and M18. A 5km scale bar is located in the top left corner. The map also shows surrounding areas like Bridgetown and Silvertown.