#NatureRun2026

Central Athletics

10km Nature Run and 5km Birdathon

TOMI

Sunday, 20 December 2026

SUPPORTED BY TWO OCEANS MARATHON INITIATIVE



10km Nature Run AND 5KM BIRDATHON

False Bay Nature Reserve Headquarters, Zeekoevei

(Not at Rondevlei Bird Sanctuary)



10km NATURE RUN
START: 07:00

5km BIRDATHON
START: 07:15

Entries Open: **Wednesday, 14 October 2026 and closeFriday, 18 December 2026 at midnight, unless capacity is reached before this date.**

Please note: **Use Pelican Park entrance. Turn right at traffic lights at KFC from Jan Smuts Drive towards Strandfontein.**

Free and secure parking available inside the False Bay Nature Reserve.

ENTER ONLINE: WWW.iRACE.ONLINE

10km: Licensed Athletes R120; Juniors R80.Unlicensed Athletes R180; Juniors R130.

Free entry for Athletes **70 years** and older, proof of age required.

Unlicensed **70+** entry: R60.

5km Birdathon Entry fee: R50.

Entry Collection: Sunday, 20 December 2026 from 05:15 at the False Bay Nature Reserve Hall. Limited entries available on race morning (Cash and Card Payments accepted from 05:15 am – 06:45)





Run for Nature. Run for Community Health and Environmental Awareness #NatureRun2026

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RULES AND INFORMATION

- Race to be run in accordance with the rules of ASA and WPA.
- It is compulsory for entrants to register. Limited Race entries will be available from 05:15 to 06:45 on race morning. Card and Cash and payments on race morning will be accepted.
- This will be a carry your own race.
- No sachets, only cups will be available at water tables. #RunClean
- Minimum age for competitors: 10km run (14 years or older on race day
- 5km Birdathon Run/Walk (toddlers and children under the age of 10 years old be accompanied by an adult).
- Licensed runners must wear both 2026 license numbers (front and back) and should wear club colours. Temporary licensed athletes must run in clothing without advertising.
- Runners who purchase a temporary licence must wear it on the front of their vest or t-shirt.
- Temporary licence holders when registering must complete and hand in the tear off strip from the number to be eligible to compete and be eligible for category prizes.
- Age category tags (e.g. J, 40, 50, 60, etc.) must be worn (front and back) and visible for the entire race to be eligible for any age category prize. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear appropriate age tags and provide proof of age.
- Cut-off times: 10km run (09:00 - 2 hours) and 5km (09:00 - 1 hour and 45 minutes).
- Entry cards must be in the athlete's possession during the race and must be handed in at the results board to ensure time is recorded and eligibility for category prizes.
- Only entrants at prize giving will be eligible to win lucky draw prizes.
- Prize giving will start at 09:00.
- 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 tags must be worn on the front and back of the club vests. Participants may enter the age category.
- Juniors (born 2007 or later) must display age "J" tags front and back to qualify for age group prizes.
- The participant indemnifies the club, its members, sponsors, organisers and WPA of any injury, damage, loss or illness which may occur during the event.
- Runners must obey Traffic Officers, Race Officials and Race Marshalls always.
- No personal seconding will be permitted, except at official refreshment stations.
- Refreshment stations will be provided at regular intervals in accordance with the rules of ASA and WPA.
- No race number will be issued.
- Results will be sent to clubs and be available on www.wpa.org.za
- Do not litter.
- Dispose of cups responsibly using the boxes provided or carrying them to the Finish.
- Report offenders to the referees. #RunClean.
- 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.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
- Medals are limited to the first 1000 finishers.



Prize Giving: 09:00

Lucky draw prizes up for grabs! Medals limited to first 1000 finishers.

DISCLAIMER: 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.

For enquiries Contact: Adnaan Mohamed on 0834274648 or Sharifa Hendricks on 082 453 2176
• Email: centralathleticsclub@gmail.com
• Website: www.centralathletics.co.za

PRIZE MONEY

14 –19	OPEN	40-49	50-59	60-69	70+
R300	R600	R300	R300	R300	R300
R200	R350	R200	R200	R200	R200
R150	R250	R150	R150	R150	R150

Come celebrate the power of sport, the beauty of our natural heritage and the importance of protecting our environment.
Together, we promote community health, environmental awareness, biodiversity conservation and a healthier future for generations to come.



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD





WESTERN PROVINCE ATHLETICS · Coca-Cola Pantravia Beverages · POLAR ICE CREAM · Z-MED · Kohler Box PACKAGING FIT FOR USE · #RUN clean

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