



15th
**KLOOFNEK
CLASSIC**
21.1km

Sunday 31st January 2010
06h00 Camps Bay High School
entries on race day from 05h00

Handouts | A medal to all finishers | Permanent number for 5 climbs**

Entry fee | Licenced Athletes R40 | Unlicenced R65 | Grandmasters R20 | Great Grandmasters free

Refreshments | on sale before & after the race | tables every 3 km on route

Tog bag & key security facility will be provided at owners' risk | Separate **starting area** for women

Social walkers are most welcome | **cut off 3 hours** | **Prize giving** will start a 09h15



 **PRIZE MONEY** | for men & women

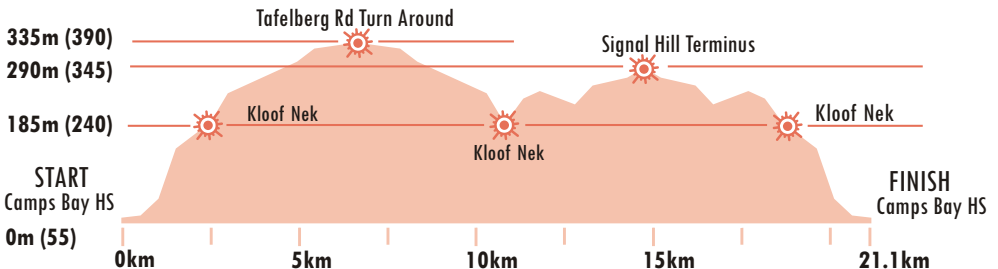
	Open	40-49	50-59	60 +
1st	R 350.00	R 200.00	R 150.00	R 100.00
2nd	R 200.00	R 150.00	R 100.00	R 75.00
3rd	R 150.00	R 100.00	R 75.00	R 50.00


RE/MAX
Living



Coca-Cola

 **ROUTE PROFILE**



 **RACE INQUIRY** | Brenda Austin - 082 5617748 | brendaa@remax-peak.co.za

In accordance with the rules of ASA & WPA

RULES AND INFORMATION

- ☀ Participants must be **16 years** or older on race day.
- ☀ **Licensed athletes must run in club colours** with valid **2010 licence numbers** worn on the front and back of the vest.
- ☀ **Traffic officials and marshals** must be obeyed at all times, failing which, disqualification may follow.
- ☀ **Race entry cards** to be worn and be visible for the duration of the race.
- ☀ **No seconding** from a moving vehicle will be permitted.
- ☀ **Every kilometer** will be marked.
- ☀ **Results** will be sent to all clubs.
- ☀ Athletes enter entirely **at their own risk**; organisers and sponsors are not responsible for any loss, damage or injury to participants.
- ☀ **Age tags** must be worn 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 1991 or later) wearing a junior or senior licence number must display age tags to qualify for age group prize.
- ☀ **Parking** - All parking is at drivers' risk. There are no large car parks. Please park legally and considerately along the main road and in the residential areas. Vehicle patrols are not practical and will not be in operation. Lock your car then use togbag and key security facility on sports field.

** On completing your **5th** Kloof Nek Classic climb, you are entitled to a **permanent number**. Please advise the race organisers in writing if you will be qualifying for a permanent number by the **22nd January**. Please supply the qualifying years and finish times of your first 4 finishes. Post to: 59 Main Rd, Muizenberg, 7945 or e-mail to: brendaa@remax-peak.co.za

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



PREVIOUS WINNERS

MEN	YEAR	WOMEN
Dion Middelkoop	1995	Cynthia Hardenburg
Joseph Jantjies	1997	Esmè Soloman
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	Seti Nomvuyisi

COURSE RECORDS

CATEGORY	HOLDER	TIME	YEAR
junior male	Marks Mpekula	1:17:46	2007
open male	Sibusiso Mbingeleli	1:11:34	2005
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	Viv Williams	1:34:02	2004
50-59 female	Nancy Will	1:40:09	2005
60 + female	Pixie Sparg	1:52:58	2007

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

