

# NIGHT RUN TO HONOUR NURSES

7KM RACE • SAT 7 SEPTEMBER • 6PM – 8PM

SPONSORED BY:

## VENUE:

The Promenade, Cape Town  
Starting at the Mouille Point Lighthouse

## ENTRY FEE:

R 100 per person  
R50 for children under 12

## FUNDRAISER:

Bursaries for student nurses

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[WWW.THEEXCEPTIONALNURSE.CO.ZA](http://WWW.THEEXCEPTIONALNURSE.CO.ZA)

# NIGHT RUN TO HONOUR NURSES



**WELCOME TO THE 7km NIGHT RUN to honour NURSES!**  
**Hosted by: THE EXCEPTIONAL NURSE CAMPAIGN**  
**[www.theexceptionalnurse.co.za](http://www.theexceptionalnurse.co.za)**

## **RULES AND REGULATIONS – TERMS AND CONDITIONS:**

Please carefully read the following information.

1. The 7km NIGHT RUN to honour NURSES has been organized in terms of the rules of Western Province Athletics: Code of Conduct for Fun Runs.
2. The 7km NIGHT RUN is open to all registered and unregistered runners of all ages.
3. The 7km NIGHT RUN is open to everyone, not only nurses.
4. All bookings and payments must be done online: [www.theexceptionalnurse.co.za](http://www.theexceptionalnurse.co.za)
5. Entries close on Wednesday 4th September 2019. We are limited to 2000 entries. The race organizers reserve the right to accept or reject any entry.
6. The entry fee is non-refundable unless the entry is rejected.
7. Once you have registered and paid online, you will be able to print out your race entry ticket. Your personal NIGHT RUN ticket must be carried on your person for the entire race.
8. All runners must use headlamps or torches: available at all CRAZY Store outlets. Runners may not participate without a headlamp or torch. A limited amount will be on sale at the event.
9. All runners are advised to wear bright colours – no plain black tops are to be worn.
10. Distance markers will be placed at each kilometre mark.
11. No dogs or bicycles may participate in the event.
12. A refreshment station will be situated at the start and end of the race only. All runners are required to carry their own water, should this be needed.
13. Food and refreshments will be on sale at the start and end of the race.
14. Wheelchair users must please contact the organisers timeously to make arrangements for their participation.
15. Cut off time for the 7km NIGHT RUN is 1 hour and 45 minutes.
16. A special gift awaits the first 80 registered nurse entries. Lucky draw prizes for others.
17. Marshalls, traffic and security officials must be obeyed at all times. If participants are instructed by any race, medical, traffic or security official to stop they shall do so immediately.
18. Public parking is available at the Green Point Stadium and The Old Flea Market site. We will provide security guards, but parking will be at owner's risk.
19. Liability: The organisers and sponsors accept no responsibility for injury or accident resulting from participation in the race.
20. The 7KM NIGHT RUN to honour NURSES takes place in an environmentally sensitive area. Participants may not litter or damage the environment in which the event takes place. Participants who do not respect the instructions regarding litter may be subject to a fine or a ban from future events.

**TODAY WE HONOUR AND EXPRESS DEEP GRATITUDE TO ALL THE EXCEPTIONAL NURSES OF OUR NATION.  
YOUR COMPASSION AND KINDNESS MEANS THE WORLD TO YOUR PATIENTS – THANK YOU.  
AS THE UNSUNG HEROES OF THE HOSPITALS AND CLINICS IN SOUTH AFRICA, WE SALUTE YOU!**