



RCS GUGS
YOUTH RACE
 10km Gugulethu

NY 49 Stadium Gugulethu
Starting time: 7:15 AM

EVENT	FEE
10 Km <i>Licensed Senior</i>	R80
10 Km <i>Unlicensed Senior</i>	R120
10 Km <i>Licensed Junior</i>	R50
10 Km <i>Unlicensed Junior</i>	R75
10 Km <i>Licensed + 70 years</i>	Free
4.2 Km <i>Fun Run Senior</i>	R40
4.2 Km <i>Fun Run Junior</i>	R20



Thursday 16 June 2022

ONLINE ENTRIES:
www.entrytime.com

MANUAL ENTRIES:
 On Race Day at the race venue, Ny 49
 Gugulethu Stadium, Thursday 16 June
 2022 from 5:00 am to 06:45





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Race information and rules

- First 1500 finishers will get medals in the 10km

PRIZES MEN AND WOMEN

(no prize money for 4.2km)

	Open	Junior	40-49	50-59	60-69	70+	Open Team
1st	R1000	R500	R400	R400	R400	R400	4xR200
2nd	R500	R250	R300	R300	R300	R300	
3rd	R250	R150	R200	R200	R200	R200	

Enter online at Entrytime.com

Contact Themba Shoko on 082 476 4656

or TP Moloisane on 071 892 7734

PARKING FACILITIES HAVE BEEN PROVIDED FOR AT THE TOP DECK OF THE GUGULETHU MALL.

No parking is allowed outside the Ny 49 Gugulethu Stadium. Do not park illegally. The Traffic Police will enforce the law and will issue fines, and may tow away vehicles that are illegally parked.

1. The race is run according to the rules of World Athletics, ASA and WPA.

2. Participants in the 10K run must be 14 years of age or older on race day.

3. Race numbers (bibs) will not be issued. All registered athletes must wear two valid licence numbers. Unregistered participants must purchase a Temporary Licence which must be worn on the front of the vest.

4. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.

5. Licenced athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.

6. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize including Juniors.

7. In 2022 Juniors are defined as anyone born in 2003 or later. (Under the age of 20 at year end).

8. To qualify for team prizes, athletes must wear full club colours and participate with a permanent licence.

9. Entry cards, when issued, must be in the athlete's possession during the race and handed in at the results board at the Finish.

10. There will be two water stations with water sachets and Coca-Cola/water at the finish.

11. Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the Finish. Report offenders to the referees. #RunClean.

12. The use of music players with headphones is not allowed and may result in disqualification.

13. Runners to obey traffic officers, race marshals, officials, Safety Officers and COVID-19 officers at all times.

14. No tog bag facility will be available due to COVID-19 protocols.

15. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

16. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

17. **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.

18. Parking facilities have been provided for at the top deck of the Gugulethu Mall. Please Do No leave any valuables in your car. No parking is allowed outside the Ny 49 Gugulethu Stadium. Do not park illegally. The Traffic Police will enforce the law and will issue fines and may tow away vehicles that are illegally parked.

FUN RUN RULES

Participants younger than 10 years old must be accompanied by an adult.