



RUN FOR UNITY

10km | 4.2km

SUNDAY, 16 DECEMBER 2018

6:30am | NY49 Gugulethu Stadium

ENTRIES > ENTRYTIME.COM

Seniors: R50 licensed, R85 unlicensed

Juniors (14 – 19 years): R30 licensed, R50 unlicensed



CAPE TIMES

CLICKS+



Coca-Cola Peninsula Beverages



GARBIE

RCS
BNP PARIBAS GROUP

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RCS

RCS
GUGS
RACE

in association with Cape Times

Race information and rules

- First 2 000 finishers will get medals in the 10km
- 10km fees: Senior R50 (unlicensed R80)
Junior R30 (unlicensed R45)
- 4.2km fees: Senior R30
Junior R25

Enter online at Entrytime.com

Contact Themba Shoko on 082 476 4656 or
Thobile Ndzube on 073 318 2563

PRIZES Men and Women 10km only.

	Open	14-19	40-49	50-59	60-69	70+	Team
1st	R1500	R750	R300	R300	R300	R300	R600
2nd	R1 050	R600	R200	R200	R200	R200	
3rd	R750	R450	R150	R150	R150	R150	
4th	R450	R150					

10K Race Rules in accordance with the rules of ASA & WPA

1. Minimum age on race day is 14 years
 2. Participants must obey the instructions of marshals/traffic officers.
 3. Licensed athletes should compete in official club colours and must display unaltered licence numbers, valid for 2018, on the front and back of running vests. Unlicensed athletes must wear clothing without advertising and the temporary licence on the chest.
 4. 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. Master athletes may enter the age category corresponding to their chronological age or any younger category, excluding the junior category.
 5. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age groups, wear the appropriate age tags and provide proof of age.
 6. Juniors (born 1999 or later) wearing a senior or junior licence number must display the age category tags ('J') to qualify for age category prize.
 7. Entry cards must be worn for the duration of the race and handed in at the results board at the FINISH. Any participant not able to produce an entry card when asked to do so by a race official may be disqualified.
 8. No personal seconding allowed, except at official refreshment stations.
 9. **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.
 10. Any ruling by the race committee will be considered final.
 11. Entries will be accepted on race day from 05H00-06H15.
 12. Cut off time is at 9H00. Prize giving ceremony and spot prize will commence at 09H00.
 13. Provided tog bag area used at runner's own risk.
 14. Race results will be sent to all Western Province Clubs.
 15. 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.
 16. The use of music players with headphones is not allowed and may result in disqualification.
 17. 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
 18. Registering temporary licence holders must complete and hand in their number's tear off strip to be eligible to compete
 19. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
 20. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
- FUN RUN RULES**
Participants younger than 10 years old must be accompanied by an adult.