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# RCS GUGS RACE

IN ASSOCIATION WITH CAPE TIMES




**RUN FOR UNITY**



*and fun run*

Enter on [entrytime.com](https://www.entrytime.com)  
Registration at NY 49 Stadium, Gugulethu

10K Run starts at 06h30  
Fun Run starts at 06h45

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BNP PARIBAS GROUP 

## ENTRY FEES

Event	Runner	Fee
10 Km	Licensed Senior	R80
10 Km	Unlicensed Senior	R120
10 Km	Licensed Junior	R50
10 Km	Unlicensed Junior	R75
10 Km	Licensed + 70 years (with proof provided)	Free
4.2 Km	Fun Run Senior	R40
4.2 Km	Fun Run Junior	R20

### ONLINE ENTRIES:

[www.entrytime.com](http://www.entrytime.com)

(Closing date Wednesday 14 December 2022 midnight)

Pre-entry collection will take place at NY 49 Stadium, Gugulethu on the morning of the race from 05h00.

### MANUAL ENTRIES:

On Race Day at the race venue, NY 49 Gugulethu Stadium, Friday 16 December 2022 from 05h00 am to 06h15

## PRIZES

OPEN	Junior	40-49	50-59	60-69	70+	Open Team
R2000	R1000	R500	R500	R500	R500	4 x R400
R1500	R750	R400	R400	R400	R400	
R1000	R500	R300	R300	R300	R300	



Medals to the  
first 1500 10K run  
finishers and fun  
run finishers

### PLEASE NOTE:

1. Cut off time - (08h30)
2. Prize giving time (09h00)
3. There will be SPOT prizes given at the race.

### CONTACT DETAILS:

Themba Shoko: 082 476 6656  
TP Moloisane: 071 892 7734

## RULES

1. The race is run according to the rules of 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. 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 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, and Safety Officers at all times.
14. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
15. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
16. **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.
17. 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.