



RCS GUGS YOUTH RACE



10km Walk starts at 07:00am | 10km Run starts at 07:15am
4.2km Fun Run starts at 07:25am
Registration at NY 49 Stadium, Gugulethu

EVENT

- 10km *Licensed Senior*
- 10km *Unlicensed Senior*
- 10km *Licensed Junior*
- 10km *Unlicensed Junior*
- 10km *Licensed + 70 years*
(with proof provided)
- 10km *Unlicensed + 70 years*
- 4.2km *Fun Run Senior*
- 4.2km *Fun Run Junior*

FEE

- R90
- R135
- R55
- R80
- Free
- R45
- R50
- R30

10KM RUN / WALK

Friday, 16 June 2023

ONLINE ENTRIES:

www.allmysports-sa.com
(Closing date Wednesday
14 June 2023 midnight)

MANUAL ENTRIES:

On Race Day at the race venue,
NY 49 Gugulethu Stadium, Friday 16 June 2023
from 05:00am to 07:00am

Please note that a service fee is charged when entering online. Pre-entry collection will take place at NY 49 Stadium, Gugulethu on the morning of the race from 05:00am.





RCS GUGS YOUTH RACE



Race information and rules

- Medals to the first 1500 10km Run finishers
- Medals to Fun Run finishers

PRIZES FOR 10km Run MEN AND WOMEN

	OPEN	Junior	40-49	50-59	60-69	70+	Open Team
1st	R1500	R1000	R600	R600	R600	R600	4 x R200
2nd	R1000	R750	R500	R500	R500	R500	
3rd	R750	R500	R400	R400	R400	R400	

PRIZES FOR 10km Walk MEN AND WOMEN

	OPEN	Junior
1st	R1500	R1000
2nd	R1000	
3rd	R750	

Prize giving is at 09:00am.

Contact Themba Shoko on 082 476 4656 or TP Moloisane on 071 892 7734

10km Run/Walk Rules

- Participants in the 10km Run, must be 14 years of age or older on race day.
- 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.
- Temporary licence holders when registering, must complete and hand in the tear off strip from the number to be eligible to compete.
- Licensed 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.
- Age category tags must be worn (front and back) and be visible for the entire race to be eligible for any age category prize, including Juniors.
- In 2023 Juniors are defined as anyone born in 2004 or later (Under the age of 20 at year end).
- To qualify for team prizes, athletes must wear full club colours and participate with a permanent licence.
- Entry cards, when issued, must be in the athlete's possession during the race and handed in at the results board at the Finish.
- There will be two water stations with water sachets and Coca-Cola/water at the Finish.
- Do not litter. Dispose of sachets responsibly by using the boxes provided or carrying them to the Finish. Offenders will be reported to the referees.#RunClean
- The use of music players with headphones is not allowed and may result in disqualification.
- Runners to obey traffic officers, race marshals, officials and safety officers at all times.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- 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.
- Parking facilities have been provided for at the top deck of the Gugulethu Mall. Please do not 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.

Follow us on



@RCS_Group