



RCS GUGS RACE

RUN FOR UNITY

SATURDAY, 16 DECEMBER 2023



4.2KM Fun Run

Enter online at www.allmysports-sa.com
or register at Ny 49 Stadium, Gugulethu
at 5am on the day

10KM Run starts at 06h30

Fun Run starts at 06h45



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



Peninsula
Beverages



WESTERN PROVINCE ATHLETICS



RCS

BNP PARIBAS GROUP

CREDIT | LOANS | INSURANCE

RACE INFORMATION AND RULES

ENTRY FEES

Event	Runner	Fee
10 Km	Licensed Senior	R90
10 Km	Unlicensed Senior	R135
10 Km	Licensed Junior	R55
10 Km	Unlicensed Junior	R80
10 Km	+ 70 Licensed (with proof provided)	Free
10km	+70 Unlicensed	R45
4.2 Km	Fun Run Senior	R50
4.2 Km	Fun Run Junior	R30

ONLINE ENTRIES:

www.allmysports-sa.com

(Closing date midday 14 December 2023)

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 05h00.

MANUAL ENTRIES:

On Race Day at the race venue, NY 49 Gugulethu Stadium, Friday 16 December 2023 from 05h00 am to 06h15

PRIZES

CATEGORY	1st	2nd	3rd
OPEN	R1 500	R1 000	R750
Junior	R750	R500	R300
40-49	R500	R350	R250
50-59	R500	R350	R250
60-69	R500	R350	R250
70+	R500	R350	R250
Open Team	4 x R200		
Spot prizes up for grabs			



PLEASE NOTE: Prize giving time (08h30)

CONTACT DETAILS: Themba Shoko: 082 476 4656

RULES

- The race is run according to the rules of ASA and WPA.
- Participants in the 10K 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 licensed 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).
- Entry cards must be in the athlete's possession during the race and handed in at the results board at the Finish to qualify for spot prizes.
- There will be two water stations with water sachets and Coca-Cola/water at the finish.
- 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.
- 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 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.
- When participating in this race you give RCS PtyL td and Gugulethu Race Club permission to image rights/ to announce any participants onto social media platforms.
- Tog bag facilities will be available at participants' own risk. Please do not leave any valuables in the bag.
- Social walkers are welcome and are requested to start near the back of the field.

FUN RUN RULES

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