



**RCS GUGS
YOUTH RACE**
10km Gugulethu



10K RUN

16 June 2019

NY 49 Stadium Gugulethu
Starting time: 7:00AM

EVENT	FEE
10km <i>Licensed</i>	R60
10km <i>Unlicensed</i>	R100
10km <i>Licensed +70</i>	Free
10km <i>Unlicensed +70</i>	R40
10km <i>Licensed Junior</i>	R40
10km <i>Unlicensed Junior</i>	R65
4.2km <i>Senior</i>	R40
4.2km <i>Junior</i>	R30

ENTER ON: entrytime.com (Closing date 13 June 2019)
MANUAL ENTRIES ACCEPTED ON THE RACE DAY AT 05:30



CITY OF CAPE TOWN
ISIKHO SASIBAPA
STAD KAAPSTAD



Race flyers and results
www.wpa.org.za
wpa-subscribe@yahoogroups.com





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Race information and rules

- First 1500 finishers will get medals in the 10km
- 10km fees: Senior R60 (unlicensed R100)
Junior R40 (unlicensed R65)
- 4.2km fees: Senior R40
Junior R30

Enter online at Entrytime.com

Contact Themba Shoko on 0824764656
or Thobile Ndzube on 0733182563

PRIZES MEN AND WOMEN

(no prize money for 4.2km)

	Open	Junior	40-49	50-59	60-69	70+	Open Team
1st	R650	R300	R300	R300	R300	R300	4xR150
2nd	R450	R250	R200	R200	R200	R200	
3rd	R350	R200	R150	R150	R150	R150	
4th	R150						

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

- Minimum age on race day is 14 years
- Participants must obey instructions of marshals/traffic officers
- Licensed athletes should compete in official club colours and must display unaltered licence numbers, valid for 2019, on the front and back of running vests. Unlicensed athletes must wear clothing without advertising and the temporary licence on the chest.
- 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. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- 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.
- Juniors (born 1999-2000) wearing a senior or junior license number must display the age category tags ('J') to qualify for age category prize. Juniors will count towards 'Open team' prizes'
- 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.
- No personal seconding allowed, except at official refreshment stations.
- The organisers and WPA accept no responsibility for any accident or injury resulting from participation at this event.
- Any ruling by the race committee will be considered final.
- Entries will be accepted on race day from 05H45- 07H15.
- Cut off time is at 9H30. Prize giving ceremony and spot prize will commence at 09H30.
- Tag bag area provided at runner's own risk.
- Results will be available on www.wpa.org.za
- No Race numbers will be issued. All registered athletes must wear two valid license numbers. Unregistered participants must purchase Temporary License which must be worn on the front of the vest.
- The use of music players with headphones is not allowed and may result in disqualification.
- 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
- Temporary license holders when registering must complete and hand in the tear off strip from the number in order to be eligible to complete.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
- 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 visible for the entire race to be eligible for any age category prize.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation

FUN RUN RULES

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

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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.*