

# UCT 10KM



HONOURING  
OUR ATHLETES  
OF THE PAST

## MEMORIAL RUN

05 MAY  
2024

UCT MIDDLE  
CAMPUS  
STARTING  
07H00



CATEGORY:	1ST	2ND	3RD	4TH	5TH
OPEN	R1800	R1000	R750	R500	R250
JUNIOR: 14-19	R500	R400	R300	R200	R100
MASTER: 40-49	R350	R250	R150		
MASTER: 50-59	R350	R250	R150		
MASTER: 60-69	R350	R250	R150		
MASTER: 70-79	R350	R250	R150		
MASTER: 80+	R300	R250	R150		

HOSTED BY THE UNIVERSITY OF CAPE TOWN ATHLETICS CLUB



FUELING THE  
FUTURE

### ENTRIES:

SENIORS: R90 / UNLICENCED SENIORS R120  
JUNIORS: R50 / UNLICENCED JUNIORS R75

### PRE-ENTRIES FROM 01 MARCH 2024:

- Online at [Racepass.com/za](https://Racepass.com/za) OR at The Sweat Shop/CASH ONLY
- Enter on the day from 05h30 at the Kramer Building
- Pre-race day at UCT sports centre during office hours (09h00-14h00)

### GREAT PRIZES UP FOR GRABS:

Free Mohair running Socks & Medals for all finishers!

Cash prizes across all age group categories!  
Extra R5000 and the Marilyn Smith Memorial Trophy to the first woman to run sub 36min!

PRIZE MONEY VALUED AT R25 500

ENQUIRIES: 021 650 3563/4 • [WWW.ATHLETICS.SPORTS.UCT.AC.ZA/MEMORIAL\\_RACE2022](http://WWW.ATHLETICS.SPORTS.UCT.AC.ZA/MEMORIAL_RACE2022)



THE VINEYARD



WESTERN PROVINCE ATHLETICS

Peninsula Beverages



ROAD RUNNING LEAGUE



## PLEASE NOTE:

- 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.
- No race numbers will be issued. Licence numbers for 2024 must be worn on the front and back of the vest. Temporary licence numbers will be on sale for non-licensed athletes and must be worn on the front of the vest. Temporary licence holders must complete and hand in the tear-off strip from the number to be eligible to run.
- For safety reasons, the use of personal music players during road races is strongly discouraged. Any person using such a device in contravention of IAAF rule 144.3(b) who fails to obey a reasonable instruction from a race official may be disqualified and shall not be eligible for individual or team prizes.
- The race will be run in accordance with the ASA and WPA rules.
- All entrants must be 14 years of age or older.
- Athletes will be eligible for prize money for the age category (juniors or masters) in which they enter, in addition to the prizes for open men and women, provided they wear appropriate age category tags. Age tags must be worn on the front and back of the athlete's top in such a way as to be visible. Participants may enter the age category corresponding to their chronological age or any younger age, except the Junior category.
- Temporarily licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and can provide proof of age.
- Tog bag facilities will be provided, at own risk.
- Results will be published on [www.wpa.org.za](http://www.wpa.org.za)
- No personal seconding will be permitted except at official refreshment stations.
- Please do not litter. Use the bins provided or carry it with you until it can be disposed of properly.
- Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers of the WPA office.

# UCT 10KM



## MEMORIAL RUN

### PRIZES & GIVEAWAYS

Prize giving at 09h00

### PRIZE MONEY VALUED AT R25500

Sponsored by Hobbs Sinclair

Equal prize money for men and women (open category) to be allocated as follows:

- 1st R5000
- 2nd R2500
- 3rd R1500
- 4th R750
- 5th R500

The Merylyn Smith Trophy is awarded to the first woman home and she will win an additional R5000 if she runs faster than 36 minutes!

Accommodation vouchers for winners sponsored by The Vineyard Hotel. Attractive cash prizes in all age group categories.

A pair of commemorative mohair running socks made locally by Cape Mohair for all finishers!

### DIRECTIONS TO THE START:

- From the M3: take exit 7 down from Rhodes Drive into Woolsack Drive, turn right into Middle Campus at the traffic lights, where there will be parking available
- From Main Road: turn left into Woolsack Drive at the Baxter Theatre, Rondebosch.

THIS IS A CARRY YOUR OWN WATER RACE. THERE WILL BE A WATER REFILLING POINT AT 5KM. COCA-COLA WILL BE AVAILABLE AT THE FINISH.

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