

RCS

# GUGS RACE RUN FOR UNITY

MONDAY  
16 December 2024

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

## ENTRY FEES

Event	Category	Fee
10 KM	Senior - Licensed	R90
10 KM	Senior - No License	R135
10 KM	Junior - Licensed	R55
10 KM	Junior - No License	R80
10 KM	70+ - Licensed*	FREE
10 KM	70+ - No License	R45
Fun Run	Senior	R50
Fun Run	Junior	R30

## Online Entries

[www.allmysports-sa.com](http://www.allmysports-sa.com)

Closing date: Sunday, 15 December 2024

*\*Please note that a service fee is charged when entering online.*

## Manual Entries

On Race Day at NY 49 Stadium, Gugulethu

Monday 16 December 2024.

From 05h00 am to 06h15

## Registration

starts at 5am at NY 49 Stadium, Gugulethu

Pre-entry collection at the venue

CELEBRATING RCS **25**   
ANNIVERSARY



Peninsula  
Beverages



BNP PARIBAS GROUP

CREDIT | LOANS | INSURANCE

# RACE INFORMATION AND RULES

## PRIZES FOR 10KM Run (Men And Women)

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		

## Medals

To the first 1500 10KM run finishers & Fun Run finishers

Please note: Prize-giving time is at (08h30)

## Contact Person

Themba Shoko (082 476 4656)

## Rules in accordance with ASA & WPA

- 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, before competing, must complete the bottom section of the temporary licence with their emergency contact details.
- Licensed athletes should wear club colours. 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.
- A Junior is anyone under the age of 20 on 31st December of 2024 (i.e born in 2005 or later).
- To qualify for team prizes, athletes must wear full club colours and participate with a permanent license.
- Entry cards 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 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 are 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](http://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. The Traffic Police will enforce the law, issue fines and may tow away any vehicles that are illegally parked.
- Fun Run - Participants younger than 10 years old must be accompanied by an adult.
- When participating in this race you give RCS Pty Ltd and Gugulethu Athletics Club permission to image rights to promote any participants on all social media platforms.

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