

RCS GUGS

YOUTH DAY RACE

MONDAY, 16 JUNE 2025

10KM Run starts at 07h15 | Fun Run starts at 07h25
Registration starts at 5am at NY 49 Stadium, Gugulethu

ENTRY FEES

Event	Category	Fee
10 KM	Senior - Licensed	R110
10 KM	Senior - Including Temp License	R170
10 KM	Junior - Licensed	R70
10 KM	Junior - Including Temp License	R110
10 KM	70+ Licensed	FREE
10 KM	70+ Including Temp License	R60
Fun Run	Senior	R60
Fun Run	Junior - Under 19 years	R40

Manual Entries:

Will be taken on Race Day at
NY 49 Gugulethu Stadium,
from 05h00 am to 07h00.

Online Entries:

www.entryninja.com/
(Closing date: midnight Sunday
15 June 2025).

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

Pre-entry collection will take
place at Gugulethu Stadium
NY 49 Stadium, on the morning
of the race from 05h00.



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



WESTERN PROVINCE ATHLETICS



TOO
MUCH
WIFI



BNP PARIBAS GROUP

CREDIT | LOANS | INSURANCE

RACE INFORMATION

Prizes for 10KM Run (Men & Women)

Prize-giving is at 09:15am.

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 1000 10km and
Fun Run finishers

Contact Details:

Themba Shoko: 082 476 4656

Tanya Schouw: 083 254 6045

RACE RULES

The race is run according to the rules of ASA and WPA.

1. Participants in the 10Km run must be 14 years of age or older on race day.
2. Race numbers (bibs) will not be issued. All registered athletes must wear two valid license numbers. Unregistered participants must purchase a Temporary License which must be worn on the front of the vest.
3. Temporary license holders when registering must complete and hand in the tear off strip from the number to be eligible to compete.
4. 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.
5. 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.
6. In 2025, Juniors are defined as anyone born in 2006 or later (Under the age of 20 at year end).
7. Team prizes are restricted to SA Citizens, wearing full club colours with permanent ASA license numbers.
8. Entry cards must be in the athlete's possession during the race and handed in at the results board at the Finish.
9. There will be two water stations with water sachets and Coca-Cola/water at the Finish.
10. 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.
11. The use of music players with headphones are not allowed and may result in disqualification.
12. Runners to obey traffic officers, race marshals, officials, and Safety Officers at all times.
13. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
14. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
15. **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.
16. 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.

When participating in this event you give RCS Pty Ltd and RCS Gugulethu Athletics Club permission to image rights to promote any participants on all social media platforms.

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