

RCS GUGS RACE

RUN FOR UNITY

TUESDAY, 16 DECEMBER 2025



& Fun Run

RCS will add R1000 to the prize if the men's (29:02) or ladies' (34:44) record is broken this year

Enter online at www.entryninja.com or register at the NY 49 Stadium, Gugulethu at 5am on the day.

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



RACE INFORMATION

ENTRY FEES

Event	Runner	Fee
10 Km	Licensed Senior	R110
10 Km	Unlicensed Senior	R170
10 Km	Licensed Junior	R70
10 Km	Unlicensed Junior	R110
10 Km	+ 70 Licensed (with proof of age provided)	FREE
10km	+70 Unlicensed	R60
FUN RUN	Senior	R60
FUN RUN	Junior	R40

ONLINE ENTRIES:

www.entryninja.com

(Closing date midnight Sunday 14 December 2025)

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, Tuesday 16 December 2025 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		

RCS will add R1000 to the prize money if the men's record (29.02) or the ladies' record (34.44) is broken. Prize giving time (08h30)



CONTACT DETAILS: Aubrey Shoko 082 476 4656
Tanya Schouw 083 254 6045

RULES

- Participants in the 10KM 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 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.
- In 2025 Juniors are defined as anyone born in 2006 or later (Under the age of 20 at year end).
- To qualify for team prizes, athletes must be South African citizens, 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 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 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 the RCS Gugulethu Athletics Club permission to image rights to promote any participants on social media platforms.

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

FOLLOW THE ACTION    **@RCS_GROUP**