

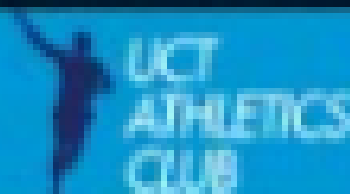
THE UCT 10km Memorial Run

In memory of Isavel Roche-Kelly, Marilyn Smith, Lindsay Weight, Kevin Rochford & Andrzej Okreglicki



Sunday 6th May 2018

HOSTED BY THE UNIVERSITY OF CAPE TOWN ATHLETICS CLUB



Venue: Middle Campus UCT

Start time: 07h00

Cut-off time: 09h00

Prize giving: 09h00

Medals awarded to the first 1500 runners!

Prize money

(equal prize money for men and women):

Entry fee:

Licenced R50- Unlicenced R85

Licenced Juniors R30- Unlicenced Junior R50

The Race Director confirms that there will be no charge for over 70's

Enter on the day from 6h00 at the Wilfred and

Jules Kramer Law Building (UCT Middle Campus) **OR**

pre-enter through the AllMySports SA App or at

Claremont Sweat Shop

All pre-entries close at 12h00, Monday

30 April.



| Category | 1st | 2nd | 3rd | 4th | 5th |
|----------------|-------|------|------|--|------|
| Open | R1000 | R750 | R500 | R250 | R100 |
| Junior (14-19) | R300 | R200 | R100 |   WESTERN PROVINCE ATHLETICS Race flyers and results www.wpa.org.za wpa-subscribe@yahoogroups.com  Peninsula Beverages  | |
| Master (40-49) | R300 | R200 | R100 | | |
| Master (50-59) | R300 | R200 | R100 | | |
| Master (60-69) | R300 | R200 | R100 | | |
| Master (70+) | R300 | R200 | R100 | | |

Winner of the women's race to receive the Marilyn Smith Memorial floating trophy.

- Shoe Drop- give a little for runners in need: drop off your old shoes at registration, the finish, UCT Sports Administration or Rags2Riches. All donations will go to the 2nd hand shop, Rags2Riches which is a SHAWCO initiative and they will be used to help disadvantaged runners through UCT's Students' Health and Welfare Centres Organisation (SHAWCO).

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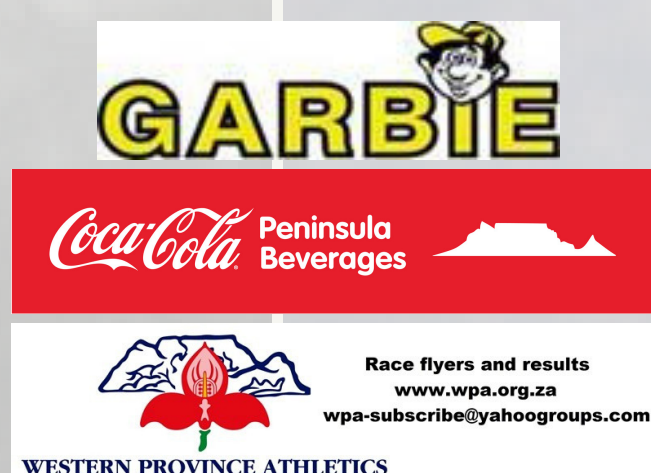


Directions to the start:

- From the M3: take exit 7 down from Rhodes Drive into Woolsack Drive
- From Main Road: turn up into Woolsack Drive at Baxter Theatre, Rondebosch

Notes and Rules

1. No race numbers will be issued. Licence numbers for 2018 must be worn on the front and back of the vest. Temporary licence numbers will be on sale for non-licenced athletes must be worn on the front of the vest; when registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete.
2. The use of music players with headphones is not allowed and may result in disqualification.
3. The race will be run in accordance with ASA and WPA rules.
4. All entrants must be 14 years of age or older on race day.
5. Athletes will be eligible for prize money for the age category in which they enter, in addition to the prizes for open men and women, provided they wear appropriate 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 Junior.
6. Medals will be awarded to the first 1500 finishers.
7. Juniors (born in 1999) wearing a senior or junior licence must display category tags "J", to qualify for age group prizes.
8. Temporary licenced 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.
9. Tog bag facilities will be provided, at own risk.
10. Results will be published on www.wpa.org.za
11. No personal seconding will be permitted except at official refreshment stations.
12. The organisers, sponsors and WPA accept no responsibility for injury or accident resulting from participation in the race.
13. Please do not litter. Use the bins provided or carry it with you until it can be disposed of properly. Offenders will be reported to the referee. #RunClean
14. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
15. Detailed rules are available on www.wpa.org.za or on request from the organizers or the WPA office.
16. Temporary licenced athletes run in plain coloured clothing without advertisement with the temporary licence number on the front of the vest.
17. Entry cards must be in athlete's possession during the race and handed in at the results board at the Finish.



Enquiries:
UCT Sports Administration
021 650 3564
<http://athletics.sports.uct.ac.za>



Make a contribution
by donating to the UCT
Chemical Engineering
'Reach for Goals'
Scholarship Fund and
Lindsay Weight
Memorial Fund