

16 June  
2018

# RCS GUGS YOUTH RACE

10km Gugulethu

NY 49 STADIUM GUGULETHU  
7:30AM

## DISTANCES:

- 10km
- 4.2km

## ATHLETES:

R50 licensed  
R85 unlicensed

Juniors  
(14 – 19 years)  
R30 licensed  
R50 unlicensed

70+  
Free entry

**ENTER ON:** [entrytime.com](http://entrytime.com)

Manual entries accepted on the race day



CITY OF CAPE TOWN  
ISIXEKO SASEKAPA  
STAD KAAPSTAD



Race flyers and results  
[www.wpa.org.za](http://www.wpa.org.za)  
[wpa-subscribe@yahoo.co.uk](mailto:wpa-subscribe@yahoo.co.uk)

WESTERN PROVINCE ATHLETICS



Peninsula  
Beverages



RCS

BNP PARIBAS GROUP



NCRCP 38/FSP 44481



# RUN FOR YOUTH

## Race information and rules

- First 1500 finishers will get medals in the 10km
- 10km fees: Senior R50 (unlicensed R85)  
Junior R30 (unlicensed R50)
- 4.2km fees: Senior R30  
Junior R25

Enter online at [Entrytime.com](http://Entrytime.com)

Contact Themba Shoko on 0824764656

or Thobile Ndzube on 0733182563

**PRIZES** Men and women  
(no prize money for 4.2km)

	Open	Junior	40-49	50-59	60-69	70+	Team*
1st	R650	R300	R300	R300	R300	R300	R600
2nd	R450	R250	R200	R200	R200	R200	
3rd	R350	R200	R150	R150	R150	R150	
4th	R150						

## 10Km Race Rules in accordance with the rules of ASA & WPA

- Minimum age on race day is 14 years
- Participants must obey instructions of marshals/traffic officers
- Licensed athletes should compete in official club colours and must display unaltered licence numbers, valid for 2018, on the front and back of running vests. Unlicensed athletes must wear clothing without advertising and the temporary licence on the chest.
- In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Temporary licensed participants are eligible for age category prizes provided they enter the relevant age groups, wear the appropriate age tags and provide proof of age.
- Juniors (born 1999 or later) wearing a senior or junior licence number must display the age category tags ('J') to qualify for age category prize. Juniors will count towards 'Open team' prizes'
- Entry cards must be worn for the duration of the race and handed in at the results board at the Finish. Any participant not able to produce an entry card when asked to do so by a race official may be disqualified.
- No personal seconding allowed, except at official refreshment stations.
- The organisers and WPA accept no responsibility for any accident or injury resulting from participation at this event.
- Any ruling by the race committee will be considered final.
- Entries will be accepted on race day from 05H45- 07H15.
- Cut off time is at 9H30. Prize giving ceremony and spot prize will commence at 09H30.
- Tog bag area provided at runner's own risk.
- Race results will be sent to all Western Province Clubs.
- No Race numbers will be issued. All registered athletes must wear two valid license numbers. Unregistered participants must purchase Temporary License which must be worn on the front of the vest.
- The use of music players with headphones is not allowed and may result in disqualification.
- 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
- Temporary license holders when registering must complete and hand in the tear off strip from the number in order to be eligible to complete.
- Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
- 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.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation

### FUN RUN RULES

Participants younger than 10 years old must be accompanied by an adult.

