



## RUN FOR UNITY

10km | 4.2km



# 10K RUN

MONDAY 16 December 2019

NY 49 Stadium Gugulethu • Starting time: 6:30AM

**ENTRY FEES**

10km Licensed	R60	10km Licensed Junior	R40
10km Unlicensed	R100	10km Unlicensed Junior	R65
10km Licensed 70+	Free	4.2km Senior	R40
10km Unlicensed 70+	R40	4.2km Junior	R30

**ENTER ON:** [entrytime.com](http://entrytime.com) (entries to be collected on race day)

**MANUAL ENTRIES:** Taken on race day until 15 min before race starts.



CITY OF CAPE TOWN  
ISIKHO SASEKAPA  
STAD KAAPSTAD



WESTERN PROVINCE ATHLETICS

Race flyers and results  
[www.wpa.org.za](http://www.wpa.org.za)  
[wpa-subscribe@zoho.com](http://wpa-subscribe@zoho.com)



Peninsula  
Beverages



CAPE TIMES



BNP PARIBAS GROUP

## RUN FOR UNITY

10km | 4.2km



## Race information and rules

- First 1500 finishers will get medals in the 10km
- 10km fees: Senior R60 (unlicensed R100)  
Junior R40 (unlicensed R65)
- 4.2km fees: Senior R40  
Junior R30

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+	Open Team
1st	R 1,500	R 750	R300	R300	R300	R300	4 x R150
2nd	R 1,050	R 600	R 200	R 200	R200	R200	
3rd	R 750	R 450	R150	R150	R150	R150	
4th	R 450	R 150					

### PARKING FACILITIES WILL BE PROVIDED FOR ON THE TOP DECK OF GUGULETHU MALL.

No parking will be allowed outside the stadium. Traffic Police will enforce the law on any illegally parked vehicles. No security will be made available for cars parked outside the stadium

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

1. Minimum age on race day is 14 years
2. Participants must obey instructions of marshals/traffic officers
3. Licensed athletes should compete in official club colours and must display unaltered licence numbers, valid for 2019, on the front and back of running vests. Unlicensed athletes must wear clothing without advertising and the temporary licence on the chest.
4. 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.
5. 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.
6. Juniors (born in 2000 or later) wearing a senior or junior licence must display category tags "J", to qualify for age group prizes. Juniors will count towards Open team prizes.
7. 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.
8. No personal seconding allowed, except at official refreshment stations.
9. The organisers and WPA accept no responsibility for any accident or injury resulting from participation at this event.
10. Any ruling by the race committee will be considered final.
11. Entries will be accepted on race day from 05H00- 06H15.
12. Cut off time is at 8H30. Prize giving ceremony and spot prize will commence at 08H15.
13. Tog bag area provided at runner's own risk.
14. Results will be available on [www.wpa.org.za](http://www.wpa.org.za)
15. 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.
16. The use of music players with headphones is not allowed and may result in disqualification.
17. 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
18. Temporary license holders when registering must complete and hand in the tear off strip from the number in order to be eligible to complete.
19. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
20. 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.
21. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
22. Wheelchair athletes must please contact the organisers timely to discuss arrangements for their participation

### FUN RUN RULES

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