



THE SSISA/UCT 10km Memorial Run

Coca Cola League Race



Sunday 5th May 2019

Venue: Middle Campus UCT

Start time: 07h00

Cut-off time: 09h00

Prize giving: 09h00

Medals awarded to the first 2000 runners!

Prize money

(equal prize money for men and women):

Entry fee:

Licensed R70- Unlicensed R110

Licensed Juniors R50- Unlicensed Junior R75

The Race Director confirms that there will be no charge for over 70's
Unlicensed 70+ is R40

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	R1800	R1000	R750	R500	R250
Junior (14-19)	R500	R400	R300	R200	R100
Master (40-49)	R350	R250	R150	  	 WESTERN PROVINCE ATHLETICS Race flyers and results www.wpa.org.za wpa-subscribe@yahoo.co.za
Master (50-59)	R350	R250	R150		
Master (60-69)	R350	R250	R150		
Master (70-79)	R350	R250	R150		
Master (80+)	R300				

Winner of women's races 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).



THE SSISA/UCT 10km Memorial Run



In memory of Isavel Roche-Kelly, Merrilyn Smith, Lindsay Weight, Kevin Rochford & Andrzej Okreglickit

HOSTED BY THE UNIVERSITY OF CAPE TOWN ATHLETICS CLUB



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 2019 must be worn on the front and back of the vest. Temporary licence numbers will be on sale for non-licensed 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. Age category tags must be worn (front and back) and visible for the entire race for any age category prize including Juniors.
3. The use of music players with headphones is not allowed and may result in disqualification.
4. The race will be run in accordance with ASA and WPA rules.
5. All entrants must be 14 years of age or older on race day.
6. 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.
7. Medals will be awarded to the first 2000 finishers.
8. Juniors (born in 2000 or later) wearing a senior or junior licence must display category tags "J", to qualify for age group prizes.
9. Temporary licensed 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.
10. Tog bag facilities will be provided, at own risk.
11. Results will be published on www.wpa.org.za
12. No personal seconding will be permitted except at official refreshment stations.
13. **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.
14. 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
15. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
16. Detailed rules are available on www.wpa.org.za or on request from the organizers or the WPA office.
17. Temporary licensed athletes run in plain coloured clothing without advertisement with the temporary licence number on the front of the vest.
18. 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