



## Run the 10s

### Rules 2019

**DATE:** 2 February 2019  
**VENUE:** Greenpoint Athletics Stadium  
**TIME:** 8am  
**PRICE:** R200

#### **ENTRY FEE INCLUDES**

- Run the 10s entry
- Saturday entry to Cape Town 10s
- Finish line refreshment
- Amazing goodie bag
  - High quality, 10s branded drawstring bag by Ramble Bags
  - A pair of high performance running socks by Versus
  - 10s branded Athlete Visor by Headwear24
- Live entertainment @ Cape Town 10s (Up to 25 live bands will be performing over the weekend)

#### **RUN DISTANCE**

- 5,5KM

#### **PRIZES**

- First male and female over the line
- Best dressed male and female
- Prizegiving at the finish line

#### **AGE RESTRICTIONS (ID REQUIRED)**

- 13+ unaccompanied (full price entry fee with goodie bag)
- 8+ accompanied by an adult (half price entry fee with goodie bag)
- Under 8years must be accompanied by an adult (free entry no goodie bag)

#### **RUNNING RULES**

- Only registered runners will be allowed to run
- First 500 entries get a goodie bag
- Quicket Ticket needed at registration
- No refunds
- Medical questionnaire to be completed online before race
- Goodie bags will be handed out at the finish line



- Medical support on route
- No earphones permitted on the run
- Runners to obey marshals and traffic officers at all times
- This is a #RUNCLEAN run so no littering will be tolerated on the route. There will be designated GARBIE Bins for all used water sachets.
- All participants with prams must start at the back to avoid injury
- Regrettably no pets allowed
- Prize winners to be determined by finish line marshals
- Cut off time is 90 minutes
- Entrance into CT10s will only be for runners who complete the run and have their race numbers on them.