



RUN the 10s FAQ's

1. Can I only enter online?
 1. Best to enter online and to secure your incredible goodie bag, which is limited to the first 500 entries.
Enter: <https://capetown.10s.co.za/team-entries/>
 2. No, on the day CASH ONLY entries will be available but will carry a R30 surcharge.
2. If there is a problem with my entry, what do I do?
 1. Contact the RUN the 10s manager, Bernice Cannon on:
 1. Email: Bernice@10s.co.za
 2. Tel Number 021 712 3130
 3. Cell Number: 082 993 6868
3. What is included in my entry fee?
 1. Saturday Festival Entry Pass into the Cape Town 10s, valued at over R200. (Voted SA's Best Live Event)
 2. Your RUN the 10s entry
 3. Live Entertainment (25 live bands) and sporting action (9 x sports codes and over 1,000 live sports matches)
 4. Best goodie bag in running (Ramble Bags Drawstring bag, Versus Performance Running Socks, Headwear24 Athletes Peak Cap, all beautifully 10s branded)
4. Can I substitute my entry?
 1. Yes.
 1. This is done on the Quicket entry system. You may transfer your ticket to someone else by typing in his or her email address. This will only be allowed up until Friday, 26 January 2019. Thereafter no substitutions will be allowed.
 2. The new ticket holder will be required to fill out all their personal details and medical information and will only receive their ticket for the event once this has been completed.
5. What is the minimum age limit? (ID Required)
 1. 13+ unaccompanied (full price entry with goodie bag)
 2. 8+ accompanied (half price with goodie bag)
 3. Under 8 accompanied (free entry with no goodie bag)



6. Where do I collect my race pack?
 1. Registration and collection will be on Friday, 1 February 2019 from 11h00 – 18h00, Saturday, 2 February 2019 from 05h30 – 07h00 at the Greenpoint Athletics Stadium
7. Where does the race start and finish?
 1. Race start – Green Point Athletics Stadium in Vlei Road, Green Point
 2. <https://goo.gl/maps/2WyiujnnhzN2>
 3. Race Finish – Cape Town 10s grounds
8. Is there a race cut off?
 1. Yes. Cut off will be 90 minutes
9. What do I bring on race day?
 1. Bring yourselves and your Quicket ticket.
 2. There will be a water station at the finish line, so bring your own if you think you will need refreshment during the run.
10. When do entries close?
 1. Entries will close on 30 January 2019 or when the maximum amount of entries allowed is confirmed.
11. Where can I park?
 1. Wherever you can find some, but we suggest Uber/Taxi/Car pool. Parking areas P3, P5, P9 on a first come first served basis.
12. Will there be tog bag facilities?
 1. Yes, details to follow
13. Can I listen to music when I run?
 1. No, but you can listen to live music on two different stages for rest of the day.
14. Will there be shower facilities?
 1. TBC
15. Will refreshments be on sale at the finish?
 1. Yes. Each participant will receive their Saturday accreditation band once they finish the race. This band will allow the participant access to the event where some of the best food trucks in Cape Town and Africa's Biggest Beer Tent will be open all day.
16. On The Day Process
 1. Arrive at the “RUN the 10s” registration desk and collect your race number.
 2. Collect your Saturday pass to 10s and goodie bag at the finish line.
 3. Run and have fun!