



RUN THE 10s

Rules 2019

DATE: 2 February 2019
VENUE: Greenpoint Athletics Stadium
TIME: 8am
PRICE: R200
DISTANCE: 5.5KM

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.