



SPAR RUN THE 10s

Rules 2020

DATE: 1 February 2020
VENUE: Greenpoint Athletics Stadium
TIME: 7am
PRICE: R200, R100 and R50 options
DISTANCE: 6 KM

ENTRY FEE INCLUDES

- R200 (Run + CT10s entry + Goodie Bag + Medal), R100 (Run + Goodie Bag + Medal), R50 (8-12yr) (Run + Goodie Bag + Medal), Under 8year FREE – no goodie bag
- Water point at 3km
- Finish line refreshment
- Amazing SPAR Goodie Bag (handed out at the finish line)

RUN DISTANCE

- 6KM

PRIZES

- First male and female over the line
- Best dressed
- 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)

REGISTRATION TIMES AND VENUE:

- Thursday 30th January 15:00 – 19:00
- Friday 31st January 11:00 – 19:00
- Saturday 1st February 05:30 – 06:30

Collect bibs at Green Point Cricket Club Pavilion.



RUNNING RULES

- Quicket Ticket needed at registration
- No refunds
- Medical questionnaire to be completed online before race
- 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 cups
- 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 paid the full price of R200.