

PRIZE MONEY

Equal prize money for men and women

| Category | 1st | 2nd | 3rd |
|----------------|---------|------|------|
| Open | R500 | R300 | R200 |
| Junior (15-19) | R300 | R200 | R100 |
| Master 40-49 | R100 | R50 | R30 |
| Master 50-59 | R100 | R50 | R30 |
| Master 60+ | R100 | R50 | R30 |
| Open teams | 4 x R50 | | |
| Junior teams | 3 x R50 | | |

The winner of the women's race will receive the Merrilyn Smith Memorial floating trophy

GREAT CAPESTORM SPOT PRIZES!!!

Notes and Rules

1. The race will be run in accordance with ASA and WPA rules.
2. All entrants must be 15 years of age or older.
3. Age categories are as follows:
 - Junior: born during or after 1991
 - Master 40-49: born on or before 28/03/1970, but after 29/03/1960
 - Master 50-59: born on or before 28/03/1960, but after 29/03/1950
 - Master 60+: born on or before 28/03/1950
4. 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.
5. To be eligible for team prize money, runners must compete in full club colours.
6. Medals and CAPESTORM water bottles will be awarded to the first 1 000 finishers.
7. License numbers for 2010 must be worn on the front and back of the vest. Temporary licence numbers will be on sale for non-licensed athletes.
8. Age tags must be worn on the front and back of the athlete's top in such a way that they are visible. Participants may enter the age category corresponding to their chronological age or any younger age, except junior.
9. Juniors must display age tags, "J", to qualify for age group prizes. Juniors will not be eligible for Open team prizes.
10. 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.
11. Entry cards must be in the athlete's possession during the race.
12. Tog bag facilities will be provided.
13. Results will be published on www.wpa.org.za



UCT MEMORIAL

10km ROAD RACE

Hosted by the
University of Cape Town Athletics Club

In memory of

Merrilyn Smith
Lindsay Weight

Isavel Roche-Kelly
Kevin Rochford

Sunday 28 March 2010

- **Start Time:** 07:00
- **Cut off time:** 08:30
- **Prize-giving:** 08:30
- **Entry Fee:** Licensed athletes: R25 (Juniors R15)
Unlicensed athletes: R40 (Juniors R25)
- **Venue:** Middle Campus, UCT
- **Enquiries:** Sports Administration, UCT (021 650 3564)

Entries will be taken from 06:00 at the Wilfred and Jules Kramer Law School Building on UCT Middle Campus.

SPECIAL COMMEMORATIVE MEDAL FOR FIRST 1000 FINISHERS

