



Show your support at the Dave Spence Memorial Run

Lend a hand through your feet -say ihelp2 (Photo: Greg Beadle)

It's the second running of the Dave Spence Memorial Run in memory of the celebrated South African running coach. Participate in the race and support ihelp2 in creating change in the lives of our kids.

The race is organised by the RCS Gugs Running Club & JAG and the event commemorates local coaching heroes and celebrates the sport of running.

The race takes place on Sunday 17 July 2011, runners can choose to participate in a 10km race or a 4.2km fun run. A portion of the entry fees go towards the JAG Foundation.

Visit www.jagfoundation.org.za or contact **Marshall Moiloa** on **084 650 8785** for more information.

DATE:	17 July 2011
VENUE:	NY49 Stadium in Gugulethu
START TIME 10km:	07:30am
START TIME 4.2km:	07:35am
ENTRY FEES 10KM:	Senior (licensed) athletes - R30 (unlicensed) - R45 Junior (licensed) athletes - R15 (unlicensed) - R25
PRIZES:	R7000 worth of prize money up for grabs and loads of spot prizes to be won

PRIZES:

OPEN	15 - 19	40 - 49	50 - 59	60+
R600	R250	R250	R150	R100
R400	R150	R150	R100	R50
R250	R100	R100	R50	
R150				
R100				

TEAM PRIZES AS FOLLOWS:

OPEN LADIES	4 x R100
OPEN MEN	4 x R100

RULES:

10km Rules and Race Information:

In accordance with the rules of ASA & WPA

1. Minimum age on race day is 15 years.
2. Participants must obey instructions of marshals/traffic officers.
3. Licensed athletes must compete in official club colours and display unaltered licence numbers, valid for 2011, on the front and back of running vests.
4. In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
5. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
6. Juniors born 1992 or later wearing a junior or senior licence number must display the age category tags ("J") to qualify for age category prizes. Juniors will count towards 'Open Team' prizes.
7. Club colours must be worn to qualify for team prizes.
8. Entry cards must be worn for the duration of the race. Any participant not able to produce an entry card when asked to do so by a race official, may be disqualified.
9. No personal seconding allowed, except at official refreshment stations.
10. The organisers accept no responsibility for any accident or injury resulting from participation in this event.
11. Any ruling by the race committee will be considered final.
12. Entries will be accepted at the start from 05h30 – 06h45.
13. Prize giving ceremony at 09h10 which includes spot prizes. Cut off time is 09h00.
14. Tog Bag area provided at runner's own risk.
15. Race results will be sent to all Western Province Clubs.

Fun Run Rules:

16. Participants younger than 10 years old, should be accompanied by an adult.

First 600 finishers will get medals in the 10km and first 200 finishers will get medals in the Fun Run



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