



UCT
ATHLETICS
CLUB



All UCT students and staff, old and new are invited to please pop down and get involved in the annual SSISA/UCT 10km Memorial Run presented by the Sweat Shop taking place on UCT Middle Campus on **Sunday 7 May 2017**, starting at **07h00 (registration at 06h00)**.

The race was started in 1983, in memory of Merrilyn Smith who sadly passed away at just 22 years old. Later the memorial race incorporated UCT's iconic female distance runners Isavel Roche-Kelly and Lindsay Weight, who both had won the Comrades Marathon twice. More recently the previous Women's Memorial Run has changed to the Memorial Run and has incorporated well-loved UCT runners Kevin Rochford and Andrzej Okreglicki. These five athletes are represented by the 5 stars under the Jameson steps on the race medal.

The race start and registration is above the Kramer Law Building on the UCT Middle Campus and will finish just below on the Groote Schuur/Woolsack Oval. The attractive 10km route will take you through UCT Campus, Newlands and Rondebosch areas. Many lucky prizes are up for grabs.

At prize giving the 2017 **Lindsay Weight Memorial Scholarship Fund** recipient will be announced and we call on all to please assist the Club in helping grow this fund to continue to add value to promising athletes at UCT.

We really hope to try and encourage as many people from UCT to pop down to the event, we have extended the cut off to 2 hours so a fast walker should be able to make it as well.

SHOE DROP APPEAL

This year sees the expansion of the 'Shoe Drop' charity event that aims to collect shoes and warm clothes from around the city to be donated to SHAWCO's Rags2Riches initiative.

After generating thousands of Rands for the University of Cape Town's Students' Health and Welfare Centres Organisation (SHAWCO) since 2013, the highly-successful 'Shoe Drop' is back.

We are asking all Capetonians, whether runners or not, to help the needy gear up for winter. Donate your unused shoes and warm clothing by dropping them off at one of the following locations:

- UCT Sports Administration offices, UCT Sports Centre, UCT Upper Campus
Mon-Fri: 09h00-15h00
- UCT Athletics clubhouse, Groote Schuur Oval, UCT Middle Campus
Mon-Thurs: 17h30-18h30
- The UCT 10km Memorial Race - at the registration or at the finish
Sunday 7 May 2017, 06h00 to 09h00

SHAWCO

UCT's Student Health and Welfare Centre's Organisation (SHAWCO)'s mission is to practice and promote responsible citizenship through health, education and social entrepreneurship initiatives. Since 2007, SHAWCO has been collecting second hand clothes and selling them in developing communities at low prices.

This initiative came about in order to generate a surplus income to contribute towards SHAWCO's

sustainability. Rags2Riches is now part of SHAWCO's Social Enterprise sector which was established in 2008. In 2011, they opened their first Rags2Riches store in Mowbray and, in May 2013, a second store was opened at the SHAWCO Kensington Centre.

UCT Athletics Club has partnered with the UCT Chemical Engineering students committee to help raise funds for the 'Reach Your Goals Scholarship Fund'. Athletes have the opportunity to donate to this fund when they sign up for the event.

TRAFFIC:

Please take note that the race will start from 07h00, so we will have around 1500 athletes gathered outside the Kramer Law Building/Woolsack Residence from around 06h45 until 07h10 on Cross Campus Road, they run down this road and head left onto Woolsack Drive running up to Upper campus passing in between the Sports Centre and Visitors centre keeping on Madiba Circle exiting at the end of the road and turning left off campus down onto Princess Anne Drive. Marshalls will be in place to assist the race. Please take note of the runners.

If you want to hear from the UCT Athletics Club or how to get involved or support please reply to Kerr Rogers at kerr.rogers@uct.ac.za.

All the best

UCT Athletics Club