



GENERAL RULES

1. All traffic officers, race officials and marshals are to be obeyed at all times.
2. All runners and walkers must run/walk on the right hand side of the road facing oncoming traffic unless otherwise directed.
3. No personal seconding allowed.
4. Entrants must be present for Lucky Draw Prizes.
5. 15km Race starts at 6:30am.
6. Start and finish in front of Sportsmans Warehouse at William Moffett Shopping Centre.



GENERAL INFORMATION

1. **Closing date for pre-entries is Wednesday 7 September 2022 at 5:00pm.** Entries can be handed in at **Sportsmans Warehouse - William Moffet Expressway,** and **Brian Bands - Cape Road.** Online entries are available on www.webtickets.co.za
2. Collection of Race Numbers (pre-entries) and late entries will be accepted on Friday, 9th September from 12h00 - 18h00 at Sportsmans Warehouse, Port Elizabeth. **NO ENTRIES** will be accepted on race day, **COLLECTIONS ONLY** from 5am. In the event of queries, proof of payment may be requested.
3. Temporary licensed runners are not covered by ASA Insurance scheme.
4. Prize giving and Lucky Draw prizes at 09:15am. Entrants must be present for Lucky Draw prizes. Runners using a temporary license shall produce proof of age and display category tags on race day to qualify for prizes.
5. **ANTI-LITTER CAMPAIGN** - Refuse bins will be put along side the route, up to 500m past the water point. Please discard used water sachets into or near to these bins - **Littering in non-designated areas could lead to disqualification.**

Prize Money 15km - Both Men and Women

	Open	35-39	40-49	50-59	60-69	70+	Junior
1st	800	300	300	300	300	300	300
2nd	600	200	200	200	200	200	200
3rd	400	100	100	100	100	100	100

winning starts here
William Moffett Shopping Centre
15km Road Race
EPA Participation League



nelson mandela bay
MUNICIPALITY



your tickets your way



winning starts here

15km - Saturday 10 September 2022

ENTRY FORM

(TO BE COMPLETED IN FULL)

15km

Tick the appropriate block:

Club name in full:
License number:
Surname:
First Names:
Address:
Postal Code:
Telephone: (h): (w):
Cell:
Email address:
Date of birth: Age on day of race:
ID number: Sex: Male / Female
Name of school:
(entrants of schools competition only)

INDEMNITY/WAIVER: By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, persons and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre-and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.
MINOR RELEASE: and I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this indemnity/waiver on behalf of the minor.

Signature of competitor:
Signature of parent/guardian (if under 18):



Licensed Athletes 60+: 15km entry - R20.00
Entry Fee 15km R100.00
Temporary License (15km only) R40.00
TOTAL R



winning starts here

15km - Saturday 10 September 2022

RACE RULES AND INFORMATION

15km Road Race: Start Time: 06:30am

- 1. Full club colours must be worn during the race.
2. 2022 ASA license number must be worn on front and back of vest with issued race number on the front.
3. Athletes who are not members of a club affiliated with ASA must purchase Temporary Licenses for R40.00 - Temporary athletes must wear race number on the front and temp number on the back.
All age category athletes may be required to provide proof of age if eligible for category prizes.
Age category tags must be clearly visible on the top and centre of the back and front of the vest in order to qualify for prizes. Age tags can be obtained from EPA Office.
4. Temporary licensed runners are not covered by ASA insurance scheme.
5. Minimum age for 15km on day of race is 15 years old.
6. Walkers welcome.
7. Cut-off time for 15km is 2 hours 30 minutes (09:00).
8. No personal seconding, there will be sufficient refreshment tables along the route.
9. All competitors take part at their own risk. The use of earphones/headsets is prohibited and will result in disqualification.
10. Please do not litter, use bins provided.
11. Prize giving subject to Covid-19 regulations.
12. All pavements are out of bounds.
13. Prize money will be paid via EFT.
14. Covid-19 restrictions apply.

Race enquiries/emergencies: Basil: 082 467 1949