

Prize Money

Category 10km	1st	2nd	3rd
Open Male/Female	R1500	R1000	R750
Junior Male/Female	R200	R150	R100
40 - 49	R200	R150	R100
50 - 59	R200	R150	R100
60 - 69	R200	R150	R100
70+	R200	R150	R100

Medals

10km Road Race

Gold Medal	First 10 Males First 10 Females
Silver Medal	Next 10 Males Next 10 Females
Bronze Medal	All finishers

10KM VW ROAD RACE

20 August 2022 | 07h00 | PeoplePavilion



This is a Participation League Event organised by
Volkswagen AAC, in accordance with the rules of EPA and ASA



ENTRY FORM

Please tick the appropriate blocks.

Female	Male	10km
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Licence Number: Temporary Number:

Surname: First Name:

Postal Address: Code:

Tel no: (H)..... (W)..... (Cell).....

Date of Birth: / / Age on day of the Race:

ID Number:

Club/School in full:

Entry Fee 10km	R80.00
Temporary Licence	R40.00
E.P.A . Athletes 65 Yrs +	R40.00
Total	<input type="text"/>

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:

Parent/Guardian if under 18 yrs:

Cell number :

Emergency cell number :

General Rules and race Information – 20 August 2022

1. Races will start at 07h00.
2. The start is at the VW PeoplePavilion, Peter Searle Road, Uitenhage.
3. Organised in accordance with the rules and regulations of ASA and EPA. All athletes indemnify the National, Provincial and Regional bodies, sponsors and organisers against all and any actions of whatsoever nature.
4. Athletes must run in official club colours with the 2022 licence number on the front and back of the vest.
5. Athletes who are not licenced members of a club affiliated to ASA must purchase a temporary licence to be worn on the back of vest or plain T-shirt.
6. Age category tags must be worn on front and back of your vest if you wish to qualify for category prizes. Athletes may be requested to provide proof of age on race day.
7. Athletes must be at least 14 years or older for the 10km.
8. Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
9. The race committee reserves the right to Accept or reject any entry.
10. The Prize Giving will commence no later than 09h00.
11. Entries may be handed in at Brian Bands, UD Sports, PeoplePavilion and the VW Medical Centre. The closing date for pre-entries will be Wednesday, 17 August 2022. Entry forms are available on www.webtickets.co.za
12. Collection of race numbers (pre-entries) and late entries will be accepted from 17h00 until 19h00 on Friday, 19 August 2022 and from 05h30 on the morning of the race at VW PeoplePavilion. Entry fees are non-refundable.
13. The no seconding rule will apply for the 10km.
14. All traffic Officials and marshalls must be obeyed.
15. The cut off time for the 10km is 105 minutes.
16. There will be sufficient refreshment stations on the route. Refuse bins will be provided along the route. Please discard used water sachets into or near to these bins. Littering may lead to disqualification.
17. Full results will be available on www.eathletics.co.za
18. The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
19. Medals will be awarded to all finishers.
20. All pavements are out of bounds.
21. Participants must be present to qualify for the lucky draw.

For further information contact:

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