



**Northern Areas
15km road race
and 5km
Family run/walk
29 October 2022**

**NORTHERN AREAS 15KM ROAD RACE AND 5KM
RUN/WALK**

15km road race

Competitors must be 15 years of age or older on race day. The race starts at 06h00. The official cut off time is 08H30.

5km Run/Walk

The 5km run/walk starts at 6h15. Cut off time is at 7h30. Race numbers must be attached to vest or T-shirts and be visible at all times.

Competitors must be 9 years or older. Incentives on offer to the top three schools with the most finishers (minimum of 30). Winning school will receive a voucher to the value of R5000, R3000 for second and R2000 for third.

Medals

Gold medals to the first 5 men and ladies as well as the winners of the different age categories. Silver medals will be awarded to the next 150 athletes and bronze medals to all finishers within the cut-off for the 15km races. Medals to ALL finishers in the 5km event.

Lucky Draw Prizes

All entrants are eligible and must be present to win!

Prize money for 15km - Men & Women					
	1 st	2 nd	3 rd	4 th	5 th
Open	R6000	R3500	R2500	R1500	R1000
Junior	R1500	R750	R 500		
35 – 39	R1500	R750	R 500		
40 - 49	R1500	R750	R 500		
50 - 59	R1500	R750	R 500		
60 - 69	R1500	R750	R 500		
70 - 79	R1500	R750	R 500		
80+	R1500	R750	R 500		

ENQUIRIES: For further information on the event, contact Mr Roland Dace (0766090629), Deon Smith (0718845928) or EP Athletics on 0413742818.

DIRECTIONS AND PARKING:

Follow Standford Road until you reach the Gelvandale Pool and Stadium. Parking access from Liebenberg road and field next to swimming pool in Beetlestone Road. Please obey parking marshal directions.

Tick the appropriate block:

15km (06h00)

5km (06h15)

2022 Licence No : Club:

Name of School if scholar:

Surname: Name :

ID No:Date of Birth:/..../.....

Gender:Age : Phone Cell :

Emergency Contact Nr:

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.

15km	R100.00	R.....
15km (60+ years)	R50.00	R.....
15km (Juniors)	R50.00	R.....
Temporary License (15km ONLY)	R40.00	R.....
5km Run/Walk	R30.00	R.....
Total		R.....

Signature:(Parent or Guardian if minor)



General race Information:

1. Organised in accordance with the rules and regulations of ASA and EPA.
2. Athletes must run in official club colours with 2022 licence numbers on the front and back of the vest and official race number on the front of the vest.
3. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the back of vest or plain coloured T-shirt, with the official race number on the front of the vest/T-shirt.
4. 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.
5. Wearing of earphones are not allowed and may lead to disqualification.
6. The race committee reserves the right to accept or reject any entry.
7. The Prize Giving will commence at 08h45.
8. Entries may be handed in at Brian Bands, The Footballer or UD Sport in Uitenhage. The closing date for pre-entries will be Wednesday 26 October 2022. Online entries are available on www.webtickets.co.za and online entries will close on Wednesday 26 October 2022. Full results will be posted on www.eathletics.co.za
9. Please support the anti-littering campaign and only discard sachets into or near bins provided along the route. Littering is an offence and may lead to disqualification.
10. Collection of race numbers (pre-entries) and late entries will be accepted at the race venue from 17h00 until 19h00 on Friday 28 October 2022 and from 05h00 on the morning of the race. Entry fees are non-refundable.
11. The no seconding rule will apply. No private vehicles will be allowed on the route to second athletes.
12. There will be four refreshment stations on the 15km route and one refreshment station on the 5km route. Refuse bins will be provided along the route. Please discard used water sachets into or near to these bins.
13. A receipt slip may be required in the case of any discrepancy with pre-entries.
14. A tog bag storage facility will be available.
15. The venue is an alcohol free area.



GELVANDALE

**15km Road Race
and 5km Run Run**

29 October 2022

**Gelvandale Stadium
Liebenberg Road, Gelvandale**

15km at 06h00 and 5km at 06h15

**T-SHIRTS TO THE FIRST 100 15KM ATHLETES TO COLLECT
THEIR RACE NUMBERS ON FRIDAY 28 OCTOBER 2022**

Relevant Covid-19 restrictions apply

Enter online on www.webtickets.co.za

EPA PARTICIPATION LEAGUE

