

General Rules and Race Information 25 September 2022

1. 21.1km to start at 08h00 and the 10km to start at 08h30.
2. The start & finish is at "The Quays" Restaurant, Sea Glades Drive, St Francis Bay.
3. Organised in accordance with the rules and regulations of ASA and EPA. All athletes indemnify the National, Provincial and Regional bodies, sponsors and organizers against all and any actions of whatsoever nature.
4. Athletes must run in official club colours with their 2022 ASA licence numbers on the front and back of the vest.
5. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the front of the vest/t shirt.
6. Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
7. The race committee reserves the right to accept or reject any entry.
8. Prize giving as well as the lucky draws will commence at 12h00.
9. Entries may be handed in at The Quays Restaurant St Francis Bay and Brian Bands Sports in Port Elizabeth. Online entries are available at www.entrytickets.net Race information will be available on Facebook on the St Francis Runners page.
10. Collection of race numbers will be on Saturday 24 September 2022 at The Quays Restaurant between 16h00 and 19h00 and from 06h00 on race day. Entry fees are non refundable.
11. The no seconding rule will apply for the 21.1km
12. All traffic officials and marshals must be obeyed.
13. The cut off times for the 21.1km is 4 hours and for the 10km is 90 minutes.
14. There will be sufficient refreshment stations on the route. Littering may lead to disqualifications.
15. Full results will be available online at www.epathletics.co.za
16. The wearing of earphones or headsets is NOT permitted and may lead to disqualification.
17. Walkers are welcome.
18. No parking will be allowed inside The Quays main parking area as this will be the finish line for runners. Please obey the car park marshals.
19. Closing date for entries will be Wednesday 22 September 2022.
20. Competitors must be 16 years of age or older.

st francis runners 

EZ Messenger™ st francis runners **NAUTICAL** **HALF MARATHON** & 10km



25 SEPTEMBER 2022

ST FRANCIS BAY

21.1kms & 10kms



This event is a participation league event as per the race calendar

