

PRIZE WINNERS

Age category tags to be worn on front and back of vest to qualify for prize money.

10km road race

Competitors must be 14 years of age or older on race day. The race starts at 07h00. The official cut off time is 08h40.

5km Family Run

The 5km Family run starts at 07h15. Cut off time is at 08h15. Race numbers must be attached to vest or T-shirts and be visible at all times. Competitors must be 9 years or older.

Medals

Medals to ALL finishers.

Lucky Draw Prizes

All entrants are eligible and must be present to win!

Categories	1st	2nd	3rd
10km Open Male/Female	R 500	R 300	R 200
10km Junior Male/Female	R 200	R100	
10km Male/Female 40 - 49yrs	R 200	R100	
10km Male/Female 50 - 59yrs	R 200	R100	
10km Male/Female 60 - 69yrs	R 200	R100	
10km Male/Female 70+yrs	R200	R100	

ENQUIRIES: For further information on the event, contact Yvette on 0735079042 or Helgard 0846065601 or EPA Office on 0413742818 .



DESPATCH ROAD RACE

Organized by Despatch Athletics Club

5 & 10km

(Route is fast and flat)



SATURDAY, 13 August 2022

Despatch Superspar, Dr Rabie Street

5km: 07h15 & 10km: 07h00

Relevant Covid-19 restrictions apply

Lucky draw prize, including Superspar Vouchers (10Km) and Mountain bike (5km)

Organized in accordance with the rules of ASA and EPA

Online entries: www.webtickets.co.za

First 100 5km pre-entries at Klinicare Despatch will receive a free Tshirt



DESPATCH ROAD RACE

ENTRY FORM

RULES & GENERAL INFORMATION

General race Information:

Relevant Covid-19 restrictions will apply.

Athletes must run in official club colors with 2022 license numbers on the front and back of the vest and official race number on the front of the vest.

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 colored T-shirt, with the official race number on the front of the vest/T-shirt.

Temporary licensed athletes are not covered by ASA group insurance and are encouraged to join an athletics clubs.

Age category tags must be worn on front and back of your vest if you wish to qualify for category prizes.

Prize winners may be requested to provide proof of age.

Wearing of earphones are not allowed and may lead to disqualification.

The race committee reserves the right to accept or reject any entry.

The Prize Giving will commence at 09h00.

Entries may be handed in at Brian Bands, SuperSpar Despatch, Klinikare Despatch, or UD Sport in Uitenhage. The closing date for pre-entries will be Wednesday, 10 August 2022.

Online entries are available on www.webtickets.co.za and will close on Tuesday, 09 August 2022.

Full results will also be posted on www.epathletics.co.za.

No Alcohol may be brought onto the premises.

Collection of race numbers (pre-entries) will be available at the Despatch SuperSpar on Friday, 12 August between 18h00 and 20h00. Late entries will also be available.

Collection of numbers and late entries will be available at the race venue from 05h30 on the morning of the race.

Entry fees are non-refundable.

The no seconding rule will apply. No private vehicles will be allowed on the route to second athletes.

There will be three refreshment stations on the 10km route and one refreshment station on the 5km route. Please support the Anti-littering campaign. Refuse bins will be provided along the route.

Please discard used water sachets into or near to these bins. Littering is an offence and may lead to disqualification.

A receipt slip may be required in the case of any discrepancy with pre-entries.

Organised in accordance with the rules and regulations of ASA and EPA.

License number:

Club/School in full :

Surname: First name:

Tel no.: (Phone no) Gender:

Date of birth:/...../..... Age on day of the race :

ID Number:

Emergency contact: No:.....

10km Entry	R80.00
10km (70 years or older)	FREE
Temporary License	R40.00
5km Run/Walk	R30.00
Total	R.....

INDEMNITY

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;

Signature of competitor:

Signature of Parent/Guardian if under 18 years:

INTERNAL