



# ENTRY FORM

## 25 JUNE 2022

Tick the appropriate block: 10km (07h00)  5km (07h25)

Club: ..... Licence No : .....

Name of School if scholar: .....

Surname: ..... Name : .....

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

Gender: .....Age : ..... Phone Cell : .....

Email Address: .....

Emergency contact: .....

Emergency number: .....

|                          |        |        |
|--------------------------|--------|--------|
| 10km (Senior – 59)       | R80.00 | R..... |
| 10km (Juniors)           | R20.00 | R..... |
| 10km (60 – 69 years)     | R40.00 | R..... |
| 10km (70 years or older) |        | FREE   |
| Temporary License        | R40.00 | R..... |
| 5km Run/Walk             | R30.00 | R..... |
| Total                    |        | R..... |

### 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;

Signature: .....(Parent or Guardian if minor)



### 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 09h00.

### 5km Family Run

The 5km Family Run starts at 07h25. Cut off time is at 09h00. Race numbers must be attached to vest or T-shirts and be visible at all times. Competitors must be 9 years or older.

### Medals

10km - 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 10km races.

5km - Medals to ALL finishers in the 5km event.

### Lucky Draw Prizes

All entrants are eligible and must be present to win!

### Prize money for 10km - Men & Women

|         | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> |
|---------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Open    | R4000           | R3000           | R2500           | R1500           | R750            |
| Junior  | R1000           | R750            | R 500           | R 400           | R300            |
| 35 – 39 | R1000           | R750            | R 500           |                 |                 |
| 40 - 49 | R1000           | R750            | R 500           |                 |                 |
| 50 - 59 | R1000           | R750            | R 500           |                 |                 |
| 60 - 69 | R1000           | R750            | R 500           |                 |                 |
| 70 - 79 | R1000           | R750            | R 500           |                 |                 |
| 80+     | R1000           | R750            | R 500           |                 |                 |

**ENQUIRIES:** For further information on the event, contact Michael on 0791496796 or EPA Office on 041 374 2818.

### DIRECTIONS AND PARKING:

From PE, continue towards Colchester, once you cross the bridge at Sundays River, turn right. Turn right again and follow directions to the Mackay Bridge Angling Club.





### General race Information:

1. Relevant Covid-19 restrictions will apply.
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. Temporary licenced athletes are not covered by ASA group insurance and are encouraged to join an athletics clubs
5. Age category tags must be worn on front and back of your vest if you wish to qualify for category prizes.
6. Prize winners may be requested to provide proof of age.
7. Wearing of earphones are not allowed and may lead to disqualification.
8. The race committee reserves the right to accept or reject any entry.
9. The Prize Giving will commence at 09h00.
10. Entries may be handed in at Brian Bands, The Footballer, Action Sports or UD Sport in Uitenhage. The closing date for pre-entries will be Wednesday 22 June 2022. Online entries are available on [www.webtickets.co.za](http://www.webtickets.co.za) and will close on Tuesday 21 June 2022. Full results will also be posted on [www.eathletics.co.za](http://www.eathletics.co.za).
11. No Alcohol may be brought onto the premises.
12. Collection of race numbers (pre-entries) will be available at the Westbourne Oval on Friday 24 June between 14h00 and 18h00. Late entries will also be available.
13. Collection of numbers and late entries will be available at the race venue from 06h00 on the morning of the race.
14. Entry fees are non-refundable.
15. The no seconding rule will apply. No private vehicles will be allowed on the route to second athletes.
16. 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.
17. A receipt slip may be required in the case of any discrepancy with pre-entries.
18. A tog bag storage facility will be available.
19. Organised in accordance with the rules and regulations of ASA and EPA.



**SATURDAY 25 JUNE 2022**  
**Mackay Bridge Angling Club**  
**COLCHESTER**

**Starting times: 10km – 07:00**  
**5km – 07:25**



**EPA PARTICIPATION LEAGUE AND**  
**EPA 10KM CHAMPIONSHIPS**

Enter online on [www.webtickets.co.za](http://www.webtickets.co.za)

**Relevant Covid-19 restrictions will apply**

