



Vukani Multi Sport Club
15km Road Race & 5km Family Run/Walk
26 November 2022

ENTRY FORM

Tick the appropriate block:

15km (06h00) 5km (06h10)

2022 Licence No: Club:

Surname: Name:

ID No: Date of Birth: / /

Gender: Age: Phone Cell :

Email Address:

Emergency Contact Name & No:

| Race | Entry Fee | Amount Paid |
|-------------------------------|-----------|-------------|
| 15km | R100.00 | R..... |
| 15km(60 + years) | R40.00 | R..... |
| 15km(15-17 years) | R40.00 | R..... |
| Temporary Licence – 10km only | R40.00 | R..... |
| 5km Family Run | R30.00 | R..... |
| Total Paid | | |

INDEMNITY: Release and waiver in consideration of the acceptance of my entry. I for myself, my executors, heirs, administrators and assigns, do hereby release and discharge the organizers of this Run, any and all sponsors, any and all volunteer groups, all medical personnel, any and all local authorities from all claim for injuries, damage or property loss I may suffer caused by the negligence of any of them and arising out of my participation in this event, including pre- and post-race activities. I am physically fit and sufficiently trained to participate in this endurance event and assume all risks for such participation. I agree to abide by the rules of this race (and I grant my permission to the organizers and sponsors of the events and all its authorized agents to use my name, photographs, video tapes, broadcasts, telecasts advertising promotion or other account, free of charge, as well as my SMS and e-mail details for notification of further such events), conditions and regulations which include the terms of payment of the entry fee and will comply with them

Signature: (Parent or Guardian if minor)



Medals - Medals to ALL finishers.

Lucky Draw Prizes - All entrants are eligible and must be present to claim the prizes!

| Prize Money for the 15km Race- Men & Women | | | |
|--|-----------------|-----------------|-----------------|
| Category | 1 st | 2 nd | 3 rd |
| Open | R1500 | R1000 | R500 |
| Junior | R350 | R250 | R100 |
| 35 – 39 | R350 | R250 | R100 |
| 40 - 49 | R350 | R250 | R100 |
| 50 - 59 | R350 | R250 | R100 |
| 60 - 69 | R350 | R250 | R100 |
| 70 + | R350 | R250 | R100 |
| Vouchers for 5km Fun/Family Run | | | |
| | 1 st | 2 nd | 3 rd |



Club of Port Elizabeth



VMSC SUPPORTS THE #EARLY INSPIRATION INITIATIVE (www.earlyinspiration.co.za) in partnership with the **Rotary Club of Port Elizabeth** in support of Early Childhood Development. **Early Inspiration** is passionate about children's development and stimulation, and how the effects of early intervention can enhance the young child's learning potential. Please donate **ECD Materials** (crayons, games, charts, puzzles, colouring books, etc). Rotary Club of Port Elizabeth will collect donations at the race venue.



General Race Information:

1. 15km Road race starts at 06h00 and the cut off time is 08h15.
2. Competitors for the 15km must be 15 years of age or older on the day.
3. 5km Family run starts at 06h10 and the cut off time is 08h00.
4. Competitors must be 9 years or older on race day.
5. Entries may be handed in at Brian Bands, The Footballer, Action Sports, Sportsworld and Sportsmans Warehouse. The closing date for pre-entries will be **Wednesday 16 November 2022**.
6. Collection of race numbers (pre-entries) and late entries will be accepted at the race venue from 17h00 until 19h00 on **Friday 25 November 2022 and from 05h00 on the morning of the race**. Entry fees are non-refundable.
7. Organised in accordance with the rules and regulations of ASA and EPA.
8. Athletes must run in official club colours with the 2022 Licence numbers on the front and back of the vest and the official race tag on the front of the vest.
9. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the front of vest or plain coloured T-shirt, with the official race tag on the front of the vest/T-shirt.
10. Temporary licensed athletes are not covered by ASA Group Insurance and are encouraged to join an affiliated Athletics Club.
11. 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. Age category tags will be available at registration or can be purchased from the EPA Offices.
12. Wearing of earphones are not allowed and may lead to disqualification.
13. The race committee reserves the right to accept or reject any entry.
14. The Prize Giving will commence at **08h40**.
15. No cheques will be accepted.
16. The no seconding rule will apply. No private vehicles will be allowed on the route to second athletes.
17. There will be four refreshment stations on the 15km route and one refreshment station on the 5km route.
18. Anti-Littering rules apply. Refuse bins will be provided along the route. Please discard used water sachets into or near to these bins.
19. A tog bag storage facility will be available.
20. The venue is an alcohol - free zone.
21. Full results will be available on www.epathletics.co.za.

VUKANI 15km RACE

&

5km FAMILY RUN/WALK

Saturday 26 November 2022

Victoria Park Tennis Club

Cnr Victoria Park Drive/Butters Street, South End

Starting times: 15km – 06h00

5km – 06h10

EPA PARTICIPATION LEAGUE

ENQUIRIES:

For further information on the event, contact **Wonga (083 325 4870)** or **Ndaba (082 550 3109)**

