

SIBALEKA NANI



Athletics Club

NO MORE TURNING BACK
EST. 2021

Forest Run Challenge

Category 10km	1 st	2 nd	3 rd	1 Mile Category	1 st	2 nd	3 rd
Male/Female				Open Male/Female	R200	R150	R100
Open	R1000	R500	R300	Under 9 years	R100	R75	R50
Junior	R500	R200	R150	Male/Female			
40 - 49	R250	R200	R150	5km - Vouchers			
50 - 59	R250	R200	R150	Open Male/Female	R250	R150	R100
60 - 69	R250	R200	R150	Junior Male/Female	R100	R75	R 50
70+	R250	R200	R150				

Medals for 10km Road Race

Gold Medal First 10 Male
First 10 Female

Silver Medal Next 20 Male
Next 20 Female

Bronze Medal Finishers under 1hr 45 min
& All 5km & 1 Miler Finishers

Directions to Start:

From La Roche Drive, turn into Forest Hill Drive. Turn left and continue for 2.5km. Turn left into Access Road and continue for a further 3.4km.

From Strandfontein Rd, turn into Blackthorn Road. turn left into Forest Hill Drive and continue for 1.91km. Turn left into Access Road and continue for a further 3.4km

IMPORTANT INSURANCE

Athletics registered with EPA are covered by a group personal accident insurance scheme while participating in the Road Race. Details are obtainable from your club or province. This cover does not extend to athletes with temporary licenses. Temporary licensed athletes are not covered by ASA Insurance Scheme,

All Covid-19 Regulations will be observed

HOSTED BY SIBALEKA NANI A.C TOGETHER WITH PORT ELIZABETH AMATEUR ATHLETIC CLUB

RANDOM LUCKY DRAWS TO BE HANDED TO FINISHERS IN EACH EVENT





Forest Run Challenge^N

Off Forest Hill Drive Gqeberha

Saturday 26 February 2022

10km starts at 06h30 (Participation League)

5km starts at 06h35

Mile starts at 08h30

Enter at Brian Bands and UD Sports or Enter online: <http://webtickets.co.za>  **webtickets**
your tickets your way

Relevant Covid-19 Restrictions Apply and all regulations will be observed

HOSTED BY SIBALEKA NANI A.C TOGETHER WITH PORT ELIZABETH AMATEUR ATHLETIC CLUB



Forest Run Challenge



ENTRY FORM

Tick the appropriate block:

10km (06h30)

5km (06h35)

Mile (08h30)

Licence No :
10km Only

Province:

Club in Full : _____

Surname: _____ Name : _____

ID No : _____ Passport No. _____
(If non-SA)

Nationality: _____

Date of Birth: ____/____/____ Gender: _____ Age: _____

Cell no : _____ Email : _____

Emergency Contact: Name: _____ Cell Nr: _____

INDEMNITY / WAIVER

By entering this event I undertake to be bound by the rules and regulations of the event including those of World Athletics 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 organizers of the event, property owners, all sponsors, persons and organizations 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. The organizers agree that all personal information requested on the form is for the use of the event only and will not be distributed to any third party.

MINOR RELEASE: 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.

ENTRY FEES		
10km	R80.00	R.....
5km	R40.00	R.....
Mile	R30.00	R.....
Temporary License (10km Only)	R40.00	R.....
Total		R.....

Signature:(Parent or Guardian if minor)

Date entered: 2022/...../.....

FOREST RUN CHALLENGE 2022

RULES



10KM ROAD RACE

- Full club colours to be worn during the race.
- 2021 ASA Licence numbers to be worn on front and back of vest, with official race number on front.
- Temporary licenced athletes to wear issued race number on front and temp licence on the back of plain coloured T-shirt or vest.
- Age Identification tags to be worn on front and back of the vest to be eligible for category prizes.
- The minimum age on the day of the race is 14 years.
- Cut of time is 1 hour 45 minutes (1h45).
- There will be water points along the route. Please do not litter. Bins will be provided
- No personal seconding allowed and no vehicles may travel on the route.
- All walkers are welcome.
- Prize money will be paid via EFT.

5KM ROAD RACE

- No licence is needed for the 5km Road Race.
- Bronze medals to all finishers within the cut of time of 1 hour 40 minutes.
- Official race number must be worn on the front of the vest/T-shirt.
- Water will be provided at the 2.5km mark.
- The minimum age on the day of the race is 9 years, unless accompanied by an adult.

STREET MILE

- Athletes must report to the finish before 08h00 and then make your way to the start by foot.
- There will be a street mile for Men and Ladies
- No licence is required for the street mile.
- Official race number must be worn on the front of the vest/T-shirt.

GENERAL RULES

- The race is held under the rules of ASA and EPA. Athletes indemnify the National, Provincial and Regional bodies, Sponsors and Organizers against all and any action whatsoever nature, whatever same may be, arising out of their participation in the race.
- All race officials and marshals to be obeyed at all times
- All runners run on the right hand side of the road unless instructed otherwise.
- The wearing of earphones will lead to disqualification.
- Intentional littering outside the demarcated disposal points may lead to disqualification.
- Entries may be handed in at Brian Bands, UD Sports and Action Sport and will close on Tuesday 22 February 2022.
- Entries are available online via www.webtickets.co.za and will close on Tuesday 22 February 2022.
- Pre-race registration and late entries will take place at Driftsands D Building between 17h30 and 19h00 on Friday 25 February 2022.
- Race number collection will be available from 05h00 on the morning of the race at the start.
- NO LATE ENTRIES will be taken on the day of the race for the 10km event.
- Athletes are requested to arrive an hour before the event for Covid-19 screening to take place and must be in the holding area at least 5 minutes before the start.

IMPORTANT ROAD CLOSURE INFORMATION

- **The access road to the start will be closed for traffic between 06h15 and 07h30. Thereafter, vehicles wishing to leave will have one lane to leave, BUT PLEASE CONSIDER the runners still finishing their event.**

For further information, contact Dimeketso Mhlokonya (078 142 1966 – finance@sibalekananiac.co.za), Ishaya Magaba (0843155142 – secretary@sibalekananiac.co.za, Tutuzelwa Mlambo (073 709 3708) or Selby Thabethe (076 888 3589 – president@sibalekananiac.co.za (Emergency contact)