

Prize Money

Category 21.1km	1st	2nd	3rd
OPEN MALE/FEMALE	R1500	R1000	R750
35-39 MALE/FEMALE	R500	R300	R250
40-49 MALE/FEMALE	R500	R300	R250
50-59 MALE/FEMALE	R500	R300	R250
60-69 MALE/FEMALE	R500	R300	R250
70-79 MALE/FEMALE	R500	R300	R250
80+ MALE/FEMALE	R500	R300	R250
JUNIOR MALE/FEMALE	R500	R300	R250

Category 10km	1st	2nd	3rd		
OPEN MALE/FEMALE	R700	R400	R300		
40-49 MALE/FEMALE	R250	R150	R100		
50-59 MALE/FEMALE	R250	R150	R100		
60-69 MALE/FEMALE	R250	R150	R100		
70-79 MALE/FEMALE	R250	R150	R100		
80+ MALE/FEMALE	R250	R150	R100		
JUNIOR'S	1st	2nd	3rd	4th	5th
	R300	R150	R100	R75	R50

Category 5km	1st	2nd	3rd
MALE/FEMALE	R100 - TEKI n Bathu Gift Voucher	R75 - TEKI n Bathu Gift Voucher	R50 - TEKI n Bathu Gift Voucher

*Free Safe & Secure Parking
Available for All Athletes*

Donate R20 : In Sanitary Pads and Stand to win a Running shoes,
all Sanitary donated will be distributed to chosen school girl High School.

This is a Participation League Event organised by
Sibaleka Nani Athletics Club



FOREST RUN CHALLENGE

21.1KM
(07:00)

10KM & 5KM
(07:05) (07:10)

SAT, 12 AUGUST 2023

STEDIN COLLEGE, VICTORIA DRIVE, GOEBERHA

600 x GOODIE BAGS FOR PRE ENTRIES ONLY!



ENTRY FORM

Tick the appropriate block: 21.1km (07h00) 10km (07h05) 5km (07h10)

Licence No: _____ Province: _____
10km only

Club/ School 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, an 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.

Signature : (Parent or Guardian if minor) Date entered: 2023/...../.....

ENTRY FEES

21.1KM		10KM		5KM
Licence Athletes	R120.00	Licence Athletes	R90.00	R30 For All Athletes
Unlicensed Athletes	R160.00	Licensed Jnr. Athletes	R70.00	
		Unlicensed Athletes	R130.00	

ONLINE DETAILS:

<https://pay.yoco.com/sibaleka-nani-athletics-club>

NB: ATHLETES ENTERING ONLINE MUST STILL COMPLETE AN ENTRY FORM AND SUBMIT IT VIA WHATSAPP

General Rules 21/10km

- Race held under the rules of ASA, WA and EPA. Athletes indemnify the National, Provincial and Regional Bodies, sponsors and organisers against all and any action of whatever nature, whatever same may be, arising out of their participation in the race.
- Organizers reserves the rights to reject any entry.
- Races will start and finish at the Stedin College, Victoria Drive, Walmer, Gqeberha. 21.1km-06h30 and 10km-06h35 on Saturday 12 August 2023.
- Prize giving and Lucky Draws will take place at 09h30. You need to be present to win
- Athletes must run in official club colours with 2023 license number on the front and back of the vest. If race number is supplied, it should be placed over the front licence number with ASA sponsors visible.
- Temporary licenced for 21.1 & 10km will be on sale at R40.00 for athletes who are not licenced members of a club affiliated to ASA. It must be worn on the front of your vest/shirt. If a race number is supplied, the race number is to be placed on the front of the vest/shirt and temporary number on the back.
- Age category tags must be worn to qualify for age category prizes and medals. Runners using temporary licenced may produce proof of age on the race day to qualify for prizes.
- Competitors must be 16 years of age or older for running 21.1km and 14 years or older for 10km
- No personal seconding allowed.
- The wearing of earphones and headsets are not permitted due to safety reasons and will lead to disqualifications.
- All traffic officers and Marshals must be obeyed at all times.
- Runners still on the road after 3hours and 30 minutes will be regarded as non-finishers.
- Enter online at www.webtickets.co.za until Wednesday 9 August 2023 and www.sibalekananiac.co.za until Friday 11 August 2023 at 12h00 midday.
- Race entries can be handed in at Brian Bands, Cape Road, Action Sports & UD Sports in Kariega.
- Collection of Race Number (Pre Entries) and late entries will be accepted at Stiden College, Victoria Drive on Friday 11 August 2023 from 14h00-18h00, and on the race morning of the from 05h00 to 06h15.
- No cash will be accepted for late entries. Only bank cards will be used to enter for the race.**
- Results will be available on the internet at www.eathletics.com & www.sibalekananiac.co.za
- There will be water points+/every 3km and litter bins at all water points, please discard used water sachets into the nearest bin provided, intentional littering will lead to disqualification.
- Toilets will be available. No Shower facilities.
- Distance marker boards every 1km
- Prize money will be paid by EFT ONLY. Winners need to complete bank details slips at the finish.**
- Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.

5km Rules

- No temporary licenced required to enter the race
- Water point will be at 2.5km mark
- The prize money is only for under 14 years old.

General Race Enquires:

Andisiwe Gulubele: 072 341 5660 | Ms Tutuzelwa Mlambo: 073 709 3708
Emergency Hotline: 076 888 3589 (Whatsapp & Voice Calls)