

			21.1	21.1km Prize Money - Men and Ladies	וובל - ואוכוו מו	IN FORMES			
Position	Open	JUNIOR	35-39	40-49	50-59	69-09	70-79	80+	×
-	R7 000	R1 000	R1 000	R1 000	R1 000	R1 000	R1 000	R1 000	THE REAL PROPERTY.
2	R4 000	R700	R700	R700	R700	R700	R700	R700	5
en en	°R2 500	R600	R600	R600	R600	R600	R600	R600	ת קו
4	R1 500			nels	n no	nand	nelson mandela bay	ay	
5	R750			N N) - Z	1	A L	.	
			10)	10km Prize Money - Men and Ladies	ey - Men and	d Ladies			
Position	Open	JUNIOR	35-39	40-49	50-59	69-09	62-07	*09+	×
1	R1 000	R500	R500	R500	R500	R500	R500	R500	
2	R600	R300	R300	R300	R300	R300	R300	R300	5
673	R500	R250	R250	R250	R250	R250	R250	R250	מן

Directions to start:

Drive along Uitenhage Road towards Despatch. Continue straight at crossing and proceed under the bridge. Turn left at Robots into Main Street and continue for 4km. Turn left into Tulbach Street and right into parking area.









Saturday 18 March 2023

21.1km starts at 06h30 10km starts at 07h00 5km starts at 07h15

Despatch Rugby Club, Botha Street, Despatch

Organized in accordance with the rules of ASA and EPA

21.1km is and EPA Prestige and Participation League Event and Incorporating the EPA Half Marathon Championships

10km is a EPA 1 Point Participation League Event



Enter online: http://webtickets.co.za









ENTRY FORM

Tick the	21.1km (06h30)	10km (07h00)	5km (07h15)
block:		· [
Licence No: (21.1km & 10km)		Province:	
Club in Full :			
Surname:		Name:	
ID No :		Passport No.	No.
Date of Birth:		(If non-SA) Nationality:	y: ¿
Gender:	Age:	Cell no:	
Email:			
Emergency Contact: Name:	:: Name:	Cell Nr:	
Do you agree to not litter	during the race and acce	Do you agree to not litter during the race and accept disqualification if reported for doing so? Yes	for doing so? Yes No

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, properly 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 enter into this Indemnity/waiver on behalf of the minor. and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and

ENIDIFEED			
21.1km	(60+ Athletes R70.00)	R130.00	R
10km	(60+ Athletes R40.00)	R 90.00	R
Temporary License		R 40.00	R
5km (No temp licence is required)	nce is required)	R 30.00	R
Total			R

Signature(Parent or Guardian if minor)

Date entered: 2023/...../.....











GENERAL RACE INFORMATION - NMB UITENHAGE HUMAN RIGHTS RACE

- Races will start at 06h30 (21.1km), 07h00 (10km) and 07h15 (5km) respectively
- ων.-The start is at the Despatch Rugby Club, Botha Street, Despatch.

 Organised in accordance with the rules and regulations of ASA and EPA. All athletes
- indemnify the National, Provincial and Regional bodies, sponsors and organizers against all and any actions of whatsoever nature.
- 4 Athletes must display the official race number on the front of the vest/tshirt and 2023 licence number on the front and back of the vest.
- S license to be worn on the back of vest or plain coloured T-shirt, with the official race number Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary on the front of the vest/T-shirt.
- 6 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.
- 7 Athletes must be at least 16 years or older for the 21.1km, 14 years or older for the 10km and 9 years or older for the 5km.
- 00 Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
- 9 The race committee reserves the right to accept or reject any entry.
- 10. Club Gazebo's are welcome, however it is a licenced premises so no alcohol may be brought into the stadium.
- 11. Entries may be handed in at Brian Bands, The Footballer, Sportsmans Warehouse or UD March 2023. Online entries are available on www.webtickets.co.za until Tuesday 13 March Sports in Ultenhage. The closing date for pre-entries will be at 14h00 on Wednesday 15
- 12. Collection of race numbers (pre-entries) and late entries will be accepted at the EP Athletics office, Westbourne Oval, Westbourne Road between 14h00 and 18h00 on Friday 17 March 2023.
- Race numbers can be collected on the morning of the event.
- Late entries will be taken at the morning of the event from 05h00.
- 15. The no seconding rule will apply for the 10km. Personal seconding on the 21.1km route at waterstations only, stand and hand rule applies.
- All traffic Officials and marshalls must be obeyed.
- The cut off time for the 21.1km is at 10h00 and 08h40 for the 10km
- There will be sufficient refreshment stations on the route and one refreshment station on the 5km route. Refuse bins will be provided along the route. Please discard used water sachets into or near to these bins. Littering may lead to disqualification.
- Full results will be available on www.epathletics.co.za.
- The wearing of earphones or headsets is not permitted due to safety reasons and will lead to
- A finishers token will be awarded to all finishers.

NFORMATION

For more information, contact EP Athletics (041 3742818) or email epa@pe.co.za for more information, during office hours (Monday - Friday 09h00 - 14h00)





