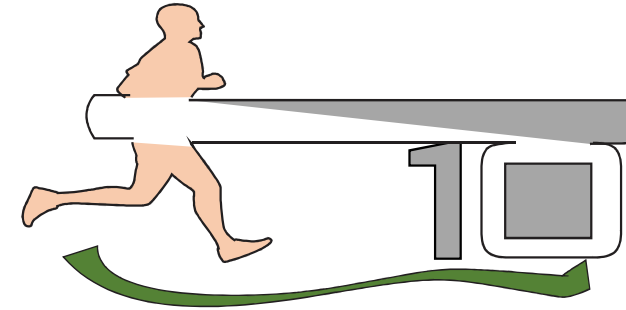


## GENERAL INFORMATION

1. Start/Finish on premises of St Albans Correctional Services Rugby Field.
2. Starting times: **10km – 07h00**
3. Race entries may be collected/ handed in at Brian Bands (Cape Road), Utenhage at UD Sports, and Sportmans Warehouse. Closing date for all pre-entries on Wednesday 22 March 2023 16:30):
4. A receipt slip may be required in the case of any discrepancy with pre-entries.
5. **Collection of race numbers (pre-entries) and late entries will be accepted from 14h00 until 18h00 on Friday 24 March 2023 at EPA offices and the morning of the race from 04h30 till 06h30 at St Albans Correctional Services Rugby field. All entries non- refundable.**
6. Cut of time: 100 minutes (08:40).
7. Lucky draw **prizes available** at finishing line.
8. The minimum age for 10km is 14yrs on race day.
9. All runners run on the righthand side of the road, facing traffic.
10. All traffic officers & marshals shall be obeyed at all times.
11. Parking available at St Albans Correctional Services Rugby Field. Please do park at the designated parking area.
12. Athletes must run in official club colours with 2023 licence numbers on the front and back of the vest.
13. Unlicensed athletes in the 10km must purchase a temporary licence to be worn on the front of vest or a plain T-shirt.
14. Temporary licensed runners are not covered by ASA Insurance Scheme. Completion of the tear-off strip is compulsory. Temporary licenced runners are urged to join an affiliated club. Contact EPA for more information.041-374 2818
15. Race held under rules of ASA and EPA. Athletes indemnify the provincial & Regional Bodies, sponsors or Organisers against all & any action of whatsoever nature, arising out of their participation in the race.
16. Age category tags must be worn on front and back of your vest to be eligible for category prizes on race day and must be clearly visible.
17. There will be two refreshments stations on the 10 km route. Refuse bins will be provided up to 500m after the refreshment stations along the route. Please discard litter into these bins and not beyond the designated point. **Intentional littering may lead to disqualification.**
18. The no seconding rule will apply.
19. The wearing of earphones & headsets is not permitted due to safety reasons and will lead to disqualification.
20. Race Organisers reserve the right to accept or reject any entry.
21. Gatherings are allowed before and after the race event. Gazebos allowed.

Online Entries at [www.webticket.co.za](http://www.webticket.co.za)

# Correctional Services



## CORRECTIONAL SERVICES

### 10km Classic Road Race

EPA Participation League

**25 March 2023**

**07h00**

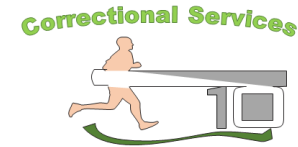
Organized by: **St Albans Athletic Club**

Enquiries John 072 0209613  
Malakhiwe 073 1620128

Venue: **St Albans Correctional Services, Old Cape Road, Greenbushes**



# 10KM ENTRY FORM



LICENCE NUMBER: \_\_\_\_\_  
 CLUB NAME: \_\_\_\_\_  
 SURNAME: \_\_\_\_\_  
 FIRST NAME: \_\_\_\_\_  
 IDENTITY NUMBER: \_\_\_\_\_  
 DATE OF BIRTH: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M  F   
 Emergency Contact Name: \_\_\_\_\_  
 Emergency Contact Number \_\_\_\_\_  
 Email: \_\_\_\_\_

### ENTRY FEE

10KM	R80-00	R
LICENCE ATHLETE 65 +	R40-00	R
TEMPORARY LICENCE	R40-00	R
<b>TOTAL</b>		<b>R</b>

### INDEMNITY/WAIVER

By entering this event, I undertake to be bound by the rules and regulations of the event including those of IAAF & 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 the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or cost relating to any injury, loss or damage of whatever nature, however caused, arising directly from the 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 organization 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:** and 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 the proper physical condition to participate in such activity and I enter into this indemnity/waiver on behalf of the minor.

..... SIGNATURE PARENT/GUARDIAN (if under 18)  
 SIGNATURE \_\_\_\_\_

### 10 KM CATEGORY PRIZES

		OPEN	JUNIORS	40-49	50-59	60-69	70+	
1 <sup>ST</sup>	Male/ Female	R500	R100	R100	R100	R100	R100	
2 <sup>ND</sup>	Male/ Female	R300	R80	R80	R80	R80	R80	
3 <sup>RD</sup>	Male/ female	R200	R50	R50	R50	R50	R50	

### LUCKY DRAW PRIZES

**Lucky draw prizes available at the finishing point and will be hidden in special marked medals.**

### IMPORTANT NOTICE:

**NO PERSONAL SECONDING – Please adhere to this rule to avoid congestion on the out and back route.**

**PLEASE NOTE THAT NO ALCOHOL IS ALLOWED ON THE CORRECTIONAL SERVICES PREMISES.**

**Club Gazebo's are welcome.**

Thank you in advance for your participation.

See you there.