




Motherwell
FREEDOM RUN
10KM

CHC-SA Concrete Floors		MOTHERWELL FREEDOM RUN 10KM - PRIZE MONEY							Sport Impact Events	
Position	Open	Junior	35-39	40-49	50-59	60-69	70-79	80+	 	
1	R7 000	R1 000	R1 000	R1 000	R1 000	R1 000	R1 000	R1 000		
2	R4 000	R700	R700	R700	R700	R700	R700	R700		
3	R2 500	R400	R400	R400	R400	R400	R400	R400		
4	R1 500	R300	 Province of the EASTERN CAPE SPORT, RECREATION, ARTS & CULTURE							
5	R1 000	R200								

DIRECTIONS TO THE START FROM BLUEWATER BAY





Motherwell
FREEDOM **RUN**
10KM

Saturday 22 April 2023



**1st 300 Entrants in the 10km
will receive a free T-shirt**



Incorporating EPA 10km Championships

10km Starts at 07h00

**Raymond Mhlaba Sport Centre
Motherwell**

Organized in accordance with the rules of ASA and EPA

EPA Participation and Prestige League





ENTRY FORM

Licence No : Province:

Club in Full : _____

Surname: _____ Name : _____

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

Nationality: _____

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

Cell no : _____ Email : _____

Do you agree to not litter during the race and accept disqualification if reported for doing so? Yes ___ No ___

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

Licensed Athletes (65+ Athletes R50.00) R 100.00 R.....

Junior Athletes (born after 31 December 2003) FREE

Temporary Athletes (includes Temp Lic) R 140.00 R.....

Total R.....

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





nelson mandela bay M U N I C I P A L I T Y

GENERAL RACE INFORMATION – 2023 MOTHERWELL FREEDOM RUN

1. Races will start at 07h00.
2. The start is at the Raymond Mhlaba Sport Centre in Motherwell.
3. 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/tshirt.
5. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the back of vest or plain coloured T-shirt, with the official race number 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 14 years or older for the 10km.
8. 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. Entries may be handed in at Brian Bands, The Footballer, Sportsmans Warehouse or UD Sports in Uitenhage. The closing date for pre-entries will be at 14h00 on Wednesday 19 April 2023. Online entries are available on www.webtickets.co.za until Tuesday 18 April 2023.
11. **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 21 April 2023.**
12. **Race numbers can be collected on the morning of the event.**
13. **Late entries will be taken at the morning of the event from 06h00 until 06h15. No late entries after 06h15. Ensure you arrive on time.**
14. The no seconding rule will apply for the 10km.
15. All traffic Officials and marshalls must be obeyed.
16. The cut off time for the 10km is at 08h40
17. There will be sufficient refreshment stations on the 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.
18. Full results will be available on www.epathletics.co.za.
19. The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
20. A finishers token will be awarded to all finishers.
21. All prize monies will be paid via EFT. Prize giving will be held at 08h45.
22. All pavements are out of bounds.
23. Please follow parking marshalls instructions.
24. For more information, contact Michael Mbambani on 079 149 6796 or EPA on 041 374 2818.

