



10km & 5km

Tick selected distance:
 10km - 07h00 5km – 07h10

Club: Licence No :

Name of School if scholar:

Surname: Name :

ID No:Date of Birth: .../.../.....

Gender:Age : Phone Cell :

Email Address:

Emergency contact:

Emergency number:

10km 20 – 59	R100.00	R.....
10km 60 +	R 50.00	R.....
5km Fun Run	R 30.00	R.....
Temporary License (10km)	R 40.00	R.....
Total		R.....

INDEMNITY / WAIVER

By entering this event I undertake to be bound by the rules and regulations of the event including those of WA 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 organisers of the event, all sponsors, persons and organisations 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;
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 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)



10km Road Race

Competitors must be 14 years of age or older on race day. The 10km race starts at 07h00. The official cut off time is 08h40.

5km Road Race

Competitors must be 9 years of age or older on race day. The 5km race starts at 07h10. The official cut off time is 08h40.

Medals

Medals to ALL finishers

Lucky draw prizes

All entrants are eligible for a lucky draw and must be present to win!

Prize money for 10km - Men & Women

	1 st	2 nd	3 rd	4 th	5 th
Open	R5000	R3000	R2000	R1000	R 750
Junior	R1000	R 750	R 500	R 300	R 200
35 – 39	R1000	R 750	R 500		
40 - 49	R1000	R 750	R 500		
50 - 59	R1000	R 750	R 500		
60 - 69	R1000	R 750	R 500		
70 - 79	R1000	R 750	R 500		
80+	R1000	R 750	R 500		

Prize money will be paid via EFT. Age category tags must be worn to be eligible for prize money.

ENQUIRIES: For further information on the event, contact the EPA Office on 041 374 2818 or via email on epaadmin@pe.co.za.

Prize giving will commence at 08h45. Club Gazebo's welcome.





- Entries can be handed in to Brian Bands Sports, The Footballer and UD Sport in Uitenhage until Wednesday 30 August 2023
- Online entries will be available on www.webtickets.co.za and will close on Tuesday 1 August 2023 at 22h00.
- Race numbers can be collected from the Cillie High school JJ Engelbrecht Sport Fields, c/o Sydenham Road and Ambrose Street, North End on Friday 4 August between 14h00 and 18h00, and from 06h00 on the morning of the race. Late entries will also be available during this time.
- Collection of numbers and late entries will also be available on the morning of the race at the race venue between 06h00 and 07h00.
- Race held under the Rules of ASA and EPA. All athletes indemnify the National, Provincial and Regional Bodies, the Sponsors and the Organizers against all and any actions of whatsoever nature.
- Official 2023 license numbers to be worn on front and back of vest with the official race number on the front.
- Temporary license holders must wear a plain T-shirt or vest and display the license on the back of the T-shirt or vest with the official race number on the front.
- Temporary licensed athletes are not covered by ASA Insurance scheme and are encouraged to join an athletics club.
- Age category tags to be worn to qualify for age category prizes.
- Prize winners may be requested to provide proof of age.
- Entrants MUST be 14 years or older on the day of the race.
- Cut off time 100 minutes.
- There will be water stations along the route, no personal seconding.
- Anti-litter campaign: Make use of the refuse bins along side the route.
- **DO NOT DROP YOUR SACHETS on the ground. USE THE BINS.**
- Littering outside the designated areas could lead to disqualification.
- Race officials and marshals are to be obeyed at all times.
- All runners run on the right-hand side of the road unless otherwise instructed by a marshall.
- Toilet facilities are available at the Start / Finish.
- **Club Gazebo's welcome.** No liquor may be brought onto school premises.
- The wearing of earphones may lead to disqualification.
- Race Committee reserves the right to accept or reject any entry.



In recognition of Womens Day on the 9th of August, we challenge you to celebrate women's achievements and thereby help create an inclusive world. From challenge comes change.

SATURDAY 5 AUGUST 2023

**Cillie High School's
JJ Engelbrecht Sport Grounds,
c/o Sydenham Rd & Ambrose Str, North End**

**10km – 07h00
5km – 07h10**

EPA PARTICIPATION AND PRESTIGE LEAGUE



Tshirt to the first 300 entries received

