



GENERAL RACE INFORMATION

1. Organized 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.
2. Online entries are available on <https://entrytickets.net/rafisbayrun> until 24h00, Monday 16th October 2023.
3. **Entries can be submitted to Brian Bands Sports in Cape Road, Sportsmans Warehouse and UD Sports in Uitenhage. Closing date for entries will be Wednesday 18 October 2023.**
4. The race committee reserves the right to accept or reject any entry.
5. **Collection of race numbers** and late entries will be available from Rafi's at 2 West St, Newton Park, Gqeberha, 6001, on Thursday the 19th and Friday the 20th of October 2023 between 16h00 and 19h00 and at the start of the event at Cape Recife High school from 05h00 until 05h45 on the morning of the event.
6. Please NOTE that T shirts will be given to the 1st 300 athletes to register on the Thursday and a further 300 1st athletes who register on the Friday.
7. **Lucky draws:** Rafi's R1000 shopping vouchers will be drawn every 30 min on both registration evenings. (no Lucky draws will be on race day)
8. T-shirts will be limited to 4 per collection. To avoid disappointment please register yourself.
9. Entry fees are non-refundable. A receipt/proof of payment may be required in case of any discrepancy with pre-entries.
10. All traffic Officials and marshals must be obeyed.
11. The wearing of earphones or headsets is not permitted due to safety reasons and may lead to disqualification.
12. Medals will be awarded to all finishers.
13. **21.1km race will start at 06h00, 5km will start at 06h05, the 10km will start at 06h20** from 58 Admiralty Way, Summerstrand, Gqeberha, 6001. The minimum age I for the 21.1km is 21.1km – 16 years.
14. **The cut off time** for the cut-off for the 21.1km is at 09h30 (3 ½ hours), the cut off time for the 10km is at 08:20 (2 hours), There is no cut off for the 5km race.
15. **Club gazebo's** are welcome and encouraged. Clubs wishing to put up a Gazebo must collect an entry permit at Registration for parking. Gazebo's must be up no later than 05:45
16. **Athletes must wear 2023** licence numbers on the back on front of the vest/shirt, with the official race number on the front over the licence number.
17. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the back of the vest.
18. **Age category** tags must be visible 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.
19. Prize monies will be paid via EFT.
20. Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
21. Please obey parking marshals.
22. Athletes must run facing traffic at all times, unless instructed otherwise by a marshal.
23. **No personal seconding (vehicle or bicycle) will be allowed on the route.**
24. Refuse bins will be placed every km and up to 500m after the water stations. Please discard all litter (sachets/bottles/cups/other) into the bins provided and not beyond the designated points. **DO NOT DROP your litter on the floor.**
25. Disposing litter outside the demarcated zone may result in disqualification.

INFORMATION

**For more information, contact Jonathan Mandell (083 414 2624),
Theresa Buchner (081 723 8230) or EP Athletics (041 3742818)**