

ONLINE ENTRIES AT
WWW.ENTRYTICKETS.NET



EZ Massager™
st francis runners
NAUTICAL
HALF MARATHON
& 10km

HALF MARATHON & 10KM
CAPE ST FRANCIS

10KM 8H30 START - R210

21.1KM 8H00 START - R310

FREE T-SHIRT WITH ENTRIES
BEFORE 31ST AUGUST

ST FRANCIS RUNNERS

NEW START LOCATION

FULL STOP CAFE,

DA GAMA ROAD, CAPE ST FRANCIS

24
SEPTEMBER
SUNDAY
2023



EZ Massager™



Cape St Francis Resort

FULL STOP
CAFE

JUST
PROPERTY



Village
SQUARE

General Rules and Race Information

24 September 2023

1. 21.1km to start at 08h00 and the 10km to start at 08h30.
2. Entries may be submitted online on www.entrytickets.net until Wednesday 20 September 2023. Free race T-shirt for entries by or before 31st August 2023.
3. The start & finish is at "Full Stop Cafe", Da Gama Road, Cape St Francis.
4. 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.
5. Athletes must run in official club colours with their 2023 ASA licence numbers on the front and back of the vest.
6. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the front of the vest/t shirt.
7. Age category tags must be worn on front and back of your vest if you wish to qualify for age category prizes. Athletes may be requested to provide proof of age on race day.
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. Prize giving as well as the lucky draws will commence at 12h00.
11. Collection of race numbers and late entries will be on Saturday, 23 September between 16h00 and 19h00 and race day 24 September from 06h00 at Full Stop Cafe.
12. Entry fees are non refundable.
13. The "no seconding rule" will apply for the 21.1km
14. All traffic officials and marshals must be obeyed.
15. The cut off times for the 21.1km is 4 hours and for the 10km is 2 hours.
16. There will be sufficient refreshment stations on the route.
17. Littering will lead to disqualifications.
18. Full results will be available online at www.epaathletics.co.za
19. The wearing of earphones or headsets is NOT permitted and may lead to disqualification.
20. No parking at Full Stop Cafe - please obey the car park marshals.
21. Competitors 16 years or older for 21.1km and 14 years old for the 10km race.

ENTRY FORM

- 21.1km 10km
 Male Female



Licence No.: _____ Temporary No.: _____

Club in full: _____

or School if scholar: _____

Surname: _____ Name: _____

Date of Birth: _____ ID number: _____

Cell number: _____

Email: _____

Contact in case of Emergency: _____

Please save our Safety Officers number on your cell phone: Mandy 083 232 2217

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, 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. 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.

21.1km Entry Fee - R310

10km Entry Fee - R210

Temporary Licence - R40



st francis
runners

Total

Signature: _____

Athlete or Minor's Parent/Guardian

EZ Massager worth R150 for the first 50 entries received

RACE PRIZE CATEGORIES - 21.1km MEN & WOMEN

	OPEN	35-39	40-49	50-59	60-69	70+	Junior
1st	R1000	R300	R300	R300	R300	R300	R300
2nd	R750	R200	R200	R200	R200	R200	R200
3rd	R500	R100	R100	R100	R100	R100	R100

10km MEN & WOMEN

1st	R500
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2nd	R300
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3rd	R200
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**Free Unisex 100% Cotton Grey Race T-shirt for entries before 31 August.
Please select your T-Shirt size.**

Unisex XS

Unisex S

Unisex M

Unisex L

Unisex XL

Unisex XXL



Club Contact details: sfrancisrunnersclub@gmail.com 082 801 0392

- RUN CLEAN - TIME FOR CHANGE -

We're a coastal town and we feel very strongly about the litter problem in road running. St Francis Runners are passionate about protecting our ocean and believe it's time to clean up our running act! Refuse bins will be provided along the route - please discard used water sachets into or near to these bins. Wear running kit with a pocket or pouch and carry your litter to the next bin or carry your own water in a hydration pack or water bottle belt. Become a "Run Clean" ambassador! - Thank You!



Cape St Francis Resort
042 298 0054

ACCOMMODATION SPECIALS
www.capestfrancis.co.za