

GENERAL INFORMATION & RULES

The race is held under the rules of ASA & EPA. All athletes indemnify the National, Provincial & Regional Bodies, the Sponsors & the Organisers against all & any actions of whatsoever nature & participate at their own risk.

ENTRIES & COLLECTION

Online entries at entrytime.com until 4 October 2023 attracting their administration costs of 5%. Forms are available in Port Elizabeth at Brian Bands and BUCO Port Alfred. Email entries until 4 October 2023 to marietjie@hmbbotha.co.za with entry form & deposit slip. EFT deposits (NO CASH) to Kowie Striders: ABSA 632005, Acc. 9047888371, reference surname.

Entries & collection of race envelopes on 6 October 2023 at the Port Alfred Country Club from 18h00 - 20h00. For the 5km on race day from 06h00 - 08h00 at the Port Alfred Country Club, for the 10km on race day from 06h30 - 08h00 at the Port Alfred Country Club and for the 27km at the Big Pineapple from 06h30.

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2023 Licences must be worn on FRONT & BACK of vests for the 27km and 10km. Non-registered runners will receive a temp licence number to be worn on the front of the vests if there is no race number & on the back if there is a race number (R40). All traffic officials & marshals must be obeyed. Wearing earphones during the race is not allowed. They are a safety hazard & will lead to disqualification. Littering outside the allocated disposal points may lead to disqualification. Only athletes 16 and older may run the 27km and older than 14 the 10km. Children under 10 years must be accompanied by an adult.

CUT-OFF TIMES: 27km finish line – 11h30 (4 hours) & 27km finish line walkers – 11h45 (4 hours 45 minutes)
 10km finish line – 10h15 (2 hours)
 5km finish line – 11h00 (2 hours)

PRIZES & MEDALS

Age category flashes to be worn on front & back of vest to qualify for prize money. The race committee reserves the right to accept or reject any entry. No personal seconding allowed. Lucky draw prizes.

Gold medals to all category winners; silver & bronze to all category winners in both the 27km & 10km. Bronze to the first 200 athletes in the 27km and 100 in the 10km. Glasses to the first 300 finishers in the 27km. Medals to the first 100 athletes in the 5km.

The club with the most entries of 15 or more receives R500.

THE PRIZE MONEY

27KM CATEGORY	1st	2nd	3rd
Male/Female	R1000	R800	R500
Open Male/Female	R300		
Veteran (40 - 49) Male/Female	R300		
Masters (50 - 59) Male/Female	R300		
G-Masters 60+ Male/Female	R300		
70+ Male/Female	R300		
10KM CATEGORY	1st	2nd	3rd
Junior Male/Female	R200	R150	R100
Open Male/Female	R300	R200	R100
5KM CATEGORY	1st	2nd	3rd
Junior Male/Female	R200*	R150*	R100*
Open Male/Female	R300*	R150*	R100*

*Prize money will be given in the form of vouchers.

**CONTACT:
 MARIETJIE ROBB
 082 801 5666**



SMASH THE 2023

**PINEAPPLE
 RUN!**

ENTER NOW!

SATURDAY, 7 OCTOBER 2023

27KM | WALKERS: 07h00
 RUNNERS: 07h30
 START: THE BIG PINEAPPLE
 FINISH: PORT ALFRED
 COUNTRY CLUB

10KM | WALKERS & RUNNERS: 08h15
 START & FINISH: PORT ALFRED
 COUNTRY CLUB

5KM | WALKERS & RUNNERS: 09h00
 START & FINISH: PORT ALFRED
 COUNTRY CLUB

LOTS OF LUCKY-DRAW PRICES!

Entries at entrytime.com
 Contact: Marietjie Robb
 082 801 5666

Food and bar facilities available.
 Camping free of charge on 6 October 2023.
 Free transport available with the "Pineapple Express" departing from the Country Club to the Pineapple at 5h30.

Event organised by the Kowie Striders, Port Alfred, in accordance with the rules of ASA & EPA.

SUPPORTING SPONSORS:

