



**Northern Areas  
10km road race  
and 5km  
Family run/walk  
14 October 2023**



**NORTHERN AREAS 10KM ROAD RACE  
AND 5KM RUN/WALK**

Tick the appropriate block:

10km (06h00)

5km (06h15)

2023 Licence No : ..... Club: .....

Name of School if scholar: .....

Surname: ..... Name : .....

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

Gender: ..... Age : ..... Phone Cell : .....

Emergency Contact Nr: .....

**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.

10km	R100.00	R.....
10km (60+ years)	R50.00	R.....
10km (Juniors)	R30.00	R.....
Temporary License (10km ONLY)	R40.00	R.....
5km Run/Walk	R30.00	R.....
Total		R.....

Signature: .....(Parent or Guardian if minor)



**10km road race**

Competitors must be 14 years of age or older on race day. The race starts at 06h00. The official cut off time is 07H40.

**5km Run/Walk**

The 5km run/walk starts at 6h15. Cut off time is at 7h30. Race numbers must be attached to vest or T-shirts and be visible at all times.

Competitors must be 9 years or older.

**Medals**

Gold medals to the first 5 men and ladies as well as the winners of the different age categories. Silver medals will be awarded to the next 150 athletes and bronze medals to all finishers within the cut-off for the 10km races. Medals to ALL finishers in the 5km event.

**Lucky Draw Prizes**

All entrants are eligible and must be present to win!

**Prize money for 10km - Men & Women**

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>
Open	R5000	R3500	R2500	R1500	R1000
Junior	R1000	R750	R 500		
35 – 39	R1000	R750	R 500		
40 - 49	R1000	R750	R 500		
50 - 59	R1000	R750	R 500		
60 - 69	R1000	R750	R 500		
70 - 79	R1000	R750	R 500		
80+	R1000	R750	R 500		

**ENQUIRIES:** For further information on the event, contact Mr Roland Dace (0766090629), Deon Smith (0718845928) or EP Athletics on 0413742818.

**DIRECTIONS AND PARKING:**

Follow Stanford Road until you reach the Gelvandale Pool and Stadium. Parking access from Liebenberg road and field next to swimming pool in Beetlestone Road. Please obey parking marshal directions.

**General race Information:**

1. Organised in accordance with the rules and regulations of ASA and EPA.
2. Athletes must run in official club colours with 2023 licence numbers on the front and back of the vest and official race number on the front of the vest.
3. 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.
4. 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.
5. Wearing of earphones are not allowed and may lead to disqualification.
6. The race committee reserves the right to accept or reject any entry.
7. The Prize Giving will commence at 07h45.
8. Entries may be handed in at Brian Bands, The Footballer or UD Sport in Uitenhage. The closing date for pre-entries will be Wednesday 11 October 2023. Online entries are available on [www.webtickets.co.za](http://www.webtickets.co.za) and online entries will close on Tuesday 10 October 2023. Full results will be posted on [www.eathletics.co.za](http://www.eathletics.co.za)
9. Please support the anti-littering campaign and only discard sachets into or near bins provided along the route. Littering is an offence and may lead to disqualification.
10. Collection of race numbers (pre-entries) and late entries will be accepted at the race venue from 17h00 until 19h00 on Friday 13 October 2023 and from 05h00 on the morning of the race. Entry fees are non-refundable.
11. The no seconding rule will apply. No private vehicles will be allowed on the route to second athletes.
12. There will be two refreshment stations on the 10km route and one refreshment station on the 5km route. Refuse bins will be provided along the route. Please discard used water sachets into or near to these bins.
13. A receipt slip may be required in the case of any discrepancy with pre-entries.
14. A tog bag storage facility will be available.
15. The venue is an alcohol free area.



## 10km Road Race & 5km Fun Run

**14 October 2023**

**Gelvandale Stadium  
Liebenberg Road, Gelvandale**

**10km at 06h00 and 5km at 06h15**

**Enter online on [www.webtickets.co.za](http://www.webtickets.co.za)**

**EPA PARTICIPATION LEAGUE**

