

## ENTRY FORM (Please Complete and Tick Applicable Block)

21km (06:00)       10km (06:10)       5km (06:20)

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

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

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

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

Email Address: .....

Emergency Contact Name No: .....

Race	Entry Fee	Amount Paid
21km (HALF MARATHON)	R120.00	R
21km (60 + years)	R80.00	R
10km Run	R80.00	R
5km Walk / Run	R50.00	R
Temporary Licence 21km & 10km	R45.00	R
<b>Total Paid</b>		<b>R</b>

### 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, 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 that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

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

**Medals** - Medals to **ALL** finishers.

**Lucky Draw Prizes** - All entrants are eligible and must be present to claim the prizes!

### Prize Money for the 21km Race - Men & Women

Category	1st	2nd	3rd
Open	R3000	R2000	R1000
35 – 39	R1000	R750	R500
40 – 49	R1000	R750	R500
50 – 59	R1000	R750	R500
60 - 69	R1000	R750	R500
70 +	R1000	R750	R500

### Prize Money for the 10km Race - Men & Women

Category	1st	2nd	3rd
Open	R1000	R750	R500
Junior	R400	R200	R100
35 – 39	R400	R200	R100
40 – 49	R400	R200	R100
50 – 59	R400	R200	R100
60 - 69	R400	R200	R100
70 +	R400	R200	R100

### 5km Race - Men & Women

Category	1st	2nd	3rd
Open	Voucher	Voucher	Voucher

**Rotary**  Club of Port Elizabeth

**VMSC** SUPPORTS THE **#EARLY INSPIRATION INITIATIVE** ([www.earlyinspiration.co.za](http://www.earlyinspiration.co.za)) in partnership with the **Rotary Club of Port Elizabeth**



## **General Race Information:**

1. 21km Road race starts at 06h00 and the cut off time is 09h30. Participants must be 16 years or older on race day.
2. 10km run starts at 06h10 and the cut off time is 08h10. Participants must be 14 years or older on race day.
3. 5km colour run starts at 06h20. Participants must be 9 years or older on race day.
4. **Manual entries** may be handed in at Brian Bands, The Footballer, Action Sports, Sportsworld and Sportsmans Warehouse. The closing date for pre-entries will be **Wednesday 15 November 2023**.
5. **Online entries** can be done on **www.zsports.co.za**
6. All participants must register on SABC+ streaming. Register on the following platform [www.sabcplus.com](http://www.sabcplus.com) or download the app on ios or android. A registration facility will be available upon race collection for those not registered. Only participants registered on SABC+ streaming are eligible to win a lucky draw prize.
7. Collection of race numbers (pre-entries) and late entries will be accepted at the Boardwalk Basement Parking from 15h00 until 19h00 on **Friday 17 November 2023** or on race venue **and from 05h00 on the morning of the race**. Entry fees are non-refundable.
8. The race is organised in accordance with the rules and regulations of ASA and EPA. Athletes must run in official club colours with the 2023 Licence numbers on the front and back of the vest and the official race number/ tag on the front of the vest.
9. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the front of vest or plain coloured T-shirt, with the official race number/tag on the front of the vest/T-shirt.
10. Temporary licensed athletes are not covered by ASA Group Insurance and are therefore encouraged to join an affiliated Athletics Club.
11. 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 on race day. Age category tags can be purchased from the EPA Offices.
12. Wearing of earphones is not allowed and may lead to disqualification.
13. The race committee reserves the right to accept or reject any entry.
14. The Prize Giving will commence at **10h30**.
15. No cheques will be accepted.
16. The no seconding rule will apply. No private vehicles will be allowed on the route to second athletes.
17. There will be seven (7) refreshment stations on the 21km route and three(3) refreshment station on the 10km route.
18. There will be seven (7) refreshment stations on the 21.1km route and three (3) refreshment stations on the 10km route. Refuse will be provided along the routes. Please discard used water sachets into the nearest bin provided. Intentional littering will lead to disqualification.
19. A tog bag storage facility will be available.
20. The venue is an alcohol - free zone.
21. Full results will be available on [www.epathletics.co.za](http://www.epathletics.co.za).
22. For further information on the event, contact Wonga (083 325 4870) or Ndaba (082 550 3109)





**SABC 21km, 10km and 5km Road Race  
in Association with VMS**



**Saturday 18 November 2023**

**Kings Beach Parking  
Cnr Beach Road/Ocean Avenue Humewood**

**Starting times:  
21km – 06:00  
10km – 06:10  
5km – 06:20**



**THE SABC HALF MARATHON IS PROUDLY BROUGHT TO YOU BY  
SABC YOUR RADIO STATIONS**

