



PRIZE MONEY

Marathon Prize Money - Men and Ladies							
Position	Open	35-39	40-49	50-59	60-69	70+	
1	R12 500	R2 000	R2 000	R2 000	R2 000	R2 000	
2	R6 000	R1 500	R1 500	R1 500	R1 500	R1 500	
3	R4 000	R1 000	R1 000	R1 000	R1 000	R1 000	
4	R3 000						
5	R2 000						
21.1km Prize Money - Men and Ladies							
Position	Open	Junior	35-39	40-49	50-59	60-69	70+
1	R2 500	R750	R750	R750	R750	R750	R750
2	R1 500	R500	R500	R500	R500	R500	R500
3	R750	R350	R350	R350	R350	R350	R350

DIRECTIONS TO THE START

Drive up Old Cape Road towards St Albans Prison for 5.6km past the new Makro. Turn left into Draaifontein Road just past the Greenbushes Garage. Continue along Draaifontein Road for 3km and turn right into Fairview Racecourse main entrance.

ROUTE

The first 18km of the 42.2km and the 21.1km is the same route, after which the 21.1km returns to the finish, and the 42.2km continues with an out and back loop. The full route will be available on the EPA website.

PACING BUSES FOR MARATHON

There will be a dedicated pace maker (up to 35km) for athletes wishing to run sub 02:30:00.

Pacing busses will take athletes through for a sub 03:00:00, 04:00:00, 04:30:00, 04:50:00 and 05:00:00 finish time.





nelson mandela bay
M U N I C I P A L I T Y



1 CITY
MARATHON AND 21.1KM
GQEBERHA • DESPATCH • KARIEGA



Saturday 2 December 2023

Fairview Racecourse, Draaifontein Road

42.2km and 21.1km starts at 05h30

**EPA Participation and Prestige League
Incorporating EPA Marathon Championships**

Comrades and Two Oceans Qualifier

Run your qualifier with the Best Pacemakers. Choose your bus!

web tickets
your tickets your way

Race number collection will be held on Friday 1 December 2023 between 12h00 and 19h00 from EP Athletics offices, Westbourne Oval, Westbourne Road, Central, and from 04h30 on the morning of the event.

Late entries will ONLY be available on Friday 1 December as per times above.

NO LATE ENTRIES WILL BE ACCEPTED ON THE MORNING OF THE EVENT.



ENTRY FORM

Tick the appropriate block:
42.2km (05h30)
21.1km (05h30)

Licence No :
Province:

Club in Full : _____

Surname: _____ **Name :** _____

ID No :

Passport No. _____ **(If non-SA)**
Nationality: _____

Date of Birth: / /
Gender:
Age:

Cell no :
Email : _____

Emergency Contact: Name: _____ **Cell Nr:** _____

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 organizers of the event, property owners, all sponsors, persons and organizations 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.

ENTRY FEES			
42.2km	(60+ Athletes R120.00)	R240.00	R.....
21.1km	(60+ Athletes R80.00)	R 160.00	R.....
Race Tshirt	Size:	R 150.00	R.....
Temporary License		R 40.00	R.....
Total			R.....

Signature:(Parent or Guardian if minor) **Date entered: 2023/...../.....**





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 www.webtickets.co.za until 22h00 on Tuesday 28 November 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 29 November 2023.**
4. The race committee reserves the right to accept or reject any entry.
5. Collection of race numbers will be available from EP Athletics offices, Westbourne Oval, Westbourne Road, Central, on Friday 1 December 2023 between 12h00 and 19h00 and at the start of the event at Fairview Racecourse from 04h30 until 05h30 on the morning of the event.
6. Late entries will be taken on Friday 1 December 2023 between 12h00 and 19h00. **NO LATE ENTRIES ON THE MORNING OF THE EVENT.**
7. Electronic timing will be done by Mobeelite.
8. Please NOTE that the Westbourne Oval is NOT near the actual race venue, which is at least 20km towards Jeffreys Bay.
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. 42.2km and 21.1km race will start at 05h30 from the Fairview Racecourse, Draaifontein Road, Greenbushes.
14. The minimum age is as follows: 42.2km – 20 years / 21.1km – 16 years.
15. The cut off time for the 42.2km is at 11h00 (5 ½ hours), and the cut-off for the 21.1km is at 09h00 (3 ½ hours).
16. EPA Championship medals will be awarded to the top 3 EPA licenced athletes in each age category for the marathon. Relevant age category tags must be visible front and back of the vest.
17. Club gazebo's are welcome. The venue has a liquor licence and therefore no alcohol may be brought onto the premises. Please support the Racecourse bar.
18. 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.
19. 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.
20. 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.
21. Prize monies will be paid via EFT.
22. Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
23. Please obey parking marshals.
24. Athletes must run facing traffic at all times, unless instructed otherwise by a marshal.
25. **No personal seconding (vehicle or bicycle) will be allowed on the route for the first 21.1km.**
26. Refuse bins will be placed 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.**
27. Disposing litter outside the demarcated zone may result in disqualification.

INFORMATION

For more information, contact Michael Mbambani (079 149 6796), Irene van Eeden (083 299 1775) or EP Athletics (041 3742818)

