

General Race Information:

1. Race will start at 7:00am for the 10km and 7:15am for the 5km.
2. The start is at the Protea Child Care Centre in 5 Blackthorne Avenue, Forest Hill.
3. 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.
4. Athletes must display 2023 license number on the front and back of the vest/T-shirt, with the official race number placed over the 2023 licence number as specified..
5. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license and to be worn on the back of vest or plain coloured T-shirt,, with the official race number on the front of the vest.
6. 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.
7. Athletes must be at least 14 years or older to take part in the 10km.
8. Registered athletes are covered by a group of personal insurance scheme. Temporary licensed 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. Entries may be handed in at Brain Bands, The Footballer, or Sportsmans Warehouse. The closing for pre-entries will be at 14h00 on Wednesday 12 July 2023. Online entries are available on www.webtickets.co.za until Tuesday 11 July 2023.
11. **Collection of race numbers (pre-entries) and late entries will be accepted at the race venue between 14h00 and 18h00 on Friday 14 July 2023, as well as from 05h30 on the morning of the event.**
14. The no seconding rule will apply for the 10km.
15. All Traffic Officials and Marshalls must be obeyed.
16. The cut off time for the 10km is at 08h40
17. There will be two watering points/stations on the route. Refuse bins will be provided along the route. Please discard used water sachets into or near to these bins. Littering may lead to disqualification.
18. Full results will be available on www.epathletics.co.za
19. The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
20. All prize monies will be paid via EFT. Prize giving will be held at 08h45.
21. Please follow parking **marshals** instructions.
22. The venue is an alcohol- free area.

Medals:

Medals will be awarded to all finishers within the cut-off times for both 10km and 5km races.

Lucky Draw Prizes:

All entrants are eligible and must be present to win.

The Sunshine Race 10km – Prize Money – Men and Women							
Position	Open	Junior	35-39	40 - 49	50-59	60-69	70+
1	R750	R300	R300	R300	R300	R300	R300
2	R500	R250	R250	R250	R250	R250	R250
3	R300	R200	R200	R200	R200	R200	R200





The Sunshine Race

10km – 7am | 5km – 7:15am



In support
against
child abuse.

*“it shouldn’t
hurt to be a
child.”*

*#StopChildA
buse*

Forest Hill – Protea Child Care Centre | 15 July 2023

Organized in accordance with the rules of ASA and EPA

Enter Online: <http://www.webtickets.co.za>

Entry forms available at leading sports stores



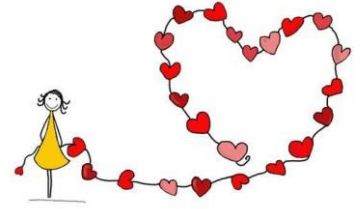
web tickets



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EASTERN CAPE
SOCIAL DEVELOPMENT

HOW TO ENTER

Complete the entry form and hand in at a Brian Bands,
The Footballer & Action Sport, or enter online via Webtickets



ENTRY FORM

License No:

Running Club:

Surname: First

Name:

ID number/Passport:

Date of Birth:

Gender:

Tel/Cell:

Emergency Contact

Contact No:

INDEMNITY:

By entering this event I undertake to be bound by the rules and regulations of the event including those of EPA 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, all sponsors, persons, and organizations assisting in the staging of the event, provisional and national athletic 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 minors' parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor qualified, in good health, and in proper physical condition to participate in such activity and I enter into this indemnity on behalf of the minor.*

I declare that I have read and agree to the Rules/Regulations and indemnity:

Date: _____ (dd/mm/yy)

Signature: _____ (Guardian name and signature is under 18)

Entry Fee: 5KM: R40 _____

10KM: R80 _____

Pensioners & Juniors 10KM: R40 _____

Temporary License: 10KM: R40 _____

Total : _____



The Sunshine Race

Enquires:

For further information on the event, contact Themba Gxabeka 0798859655, Godfrey Gelderbloem 0832969994 or alternatively, EP Athletics on 041 374 2818

Direction and Parking:

Race venue: 5 Blackthorne Avenue, Forest Hill, Gqeberha

1. Athletes will park inside the yard entering Blackthorne road main gate going onto the open field at the back of the school on field area.
2. Marshals will direct athletes to enter the premises in a one-way direction, then leaving the venue at the bottom exit towards Strandfontein road, away from finish area.
3. Parking is secured within the school yard as it is fully enclosed.

Road Race Route:

Race start in Blackthorne Road Forrest hill, athletes run towards Forrest hill drive and turn left into Forrest hill drive. Athletes then stay on the right side of the road facing oncoming traffic for 4 km and turn right towards the SAF Museum. Athletes then turn left, just before museum entrance, staying on the road and proceed along the roundabout past Maranatha, staying on the right side of the road. Turn right and do a out and back loop. Turn right into Forrest hill drive. Athletes then turn right into Blackthorne Road and finish inside the Protea Child Care centre school yard.

5km runners/walkers will turn at the respective turn around point which will be allocated on the route.

