



Runified City 50km incorporating ASA Championships

			50k	m Prize Mo	ney							
Men & Women	1st	2nd	3rd	4th	5th	50km Prize money is only available to Invited Elite, ASA Championships and athletes who						
Open	R30 000.00	R20 000.00	R15 000.00	R10 000.00	R7 500.00	enters and qualify as contenders						
35-39	R2 500.00	R1 500.00	R1 000.00									
40-49	R2 500.00	R1 500.00	R1 000.00	~	nelso	n mandela bay						
50-59	R2 500.00	R1 500.00	R1 000.00	MUNICIPALITI								
60-69	R2 500.00	R1 500.00	R1 000.00									
		10	km Prize Mo	ney - Open	to all entra	ants						
Open	R3 000.00	R2 000.00	R1 000.00									
35-39	R750.00	R500.00	R300.00									
40-49	R750.00	R500.00	R300.00		~	Sport Bevelopment						
50-59	R750.00	R500.00	R300.00			Windows .						
60-69	R750.00	R500.00	R300.00		DBANK							
70+	R750.00	R500.00	R300.00	R	CLUB							
Juniors	R750.00	R500.00	R300.00									

50KM SEEDING AND STARTING BLOCKS

- All Elite and Provincial athletes and approved contenders must ensure the correct Age Tag is on their race numbers front and back. These athletes will have unique numbers allowing a seeded start ahead of the mass event. Only athletes with unique numbers and correct age tags are eligible for prize money.
- Elite/Provincial/approved contenders must report to the call room and will have a separate warm up
- All athletes that enter before the closing date will be seeded according to qualifying time. All late entrants, irrespective of ability, will start with the mass race.

50KM ELITE / PROVINCIAL / CONTENDERS RULES AND QUALIFYING CRITERIA

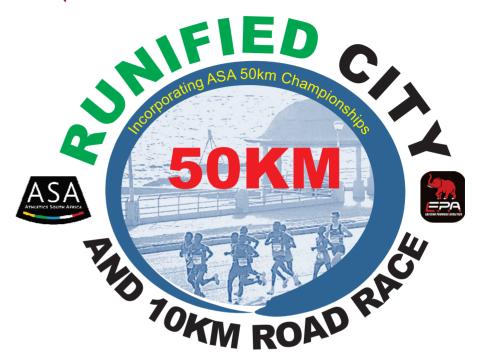
- Athletes that wish to be eligible to be seeded as a Contender, must be able to fulfil the qualifying criteria listed in the table.
- Any athlete that needs to be considered as an Elite or Contender for prize money must enter by Friday 16 February 2024.
- Contender status is a priviledge afforded to athletes that meet the criteria in the table. Please ensure that your contender application is complete. Failure to do so may result in your application being rejected.
- Contenders must prove a performance of either 21.1km or longer.
- As per World Athletics rules, timing will be gun to mat for Elite, Contenders and Provincial athletes.
- Elite/Provincial/Contenders must abide by all World Athletics advertising and shoe regulations and may be subjected to Anti-doping control.
- The top three male and female finishers as well as top three South African Men and Women will required to attend a medal presentation immediately after finishing. A prize giving for age groups will be held at 11h00 at the race venue.
- Elite, ASA Championships athletes and contenders will receive two race numbers and are therefore not required to wear licence numbers.

Times for Contenders / Prize Money

		М	en		Women			
Dist	21.1km	42.2km 50km		21.1km	42.2km	50km		
Senior	01:15:00	02:30:00	03:10:00	01:30:00	03:05:00	03:50:00		
35-39	01:20:00	02:40:00	03:20:00	01:35:00	03:15:00	04:05:00		
40-49	01:25:00	03:15:00	04:05:00	01:40:00	03:51:00	04:50:00		
50-59	01:40:00	03:25:00	04:20:00	01:50:00	04:15:00	05:20:00		
60-69	01:55:00	03:50:00	04:50:00	02:00:00	04:50:00	06:00:00		
70+	02:10:00	04:20:00	05:25:00	02:25:00	05:15:00	06:00:00		







SUNDAY 25 FEBRUARY 2024

POLLOK BEACH SUMMERSTRAND

Time - 50km at 05h30

- 10km at 06h45

EPA PARTICIPATION LEAGUE

Enter online at www.webtickets.co.za before 18 February 2024

















For more information contact Michael Mbambani (079 149 6796), Irene van Eeden (083 299 1775), EP Athletics (041 374 2818) or email to epa@pe.co.za



RUNIFIED CITY 50KM & 10KM ROAD RACE SUNDAY 25 FEBRUARY 2024 INCORPORATING ASA 50KM CHAMPIONSHIPS





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

Tick appropriate box					5	0kr	n				10km							
50km: Do you consi	der	your	self a	ıs a (Conf	tend	ler f	or P	rize I	Mor	ey?				Yes		No	
If yes, then qualifying ti	me is	com	pulso	ry foi	Elit	e/Co	nten	der s	status	.								
50km: Would you like t	o be	seed	ed?	Yes		No			If yes	s, the	en qu	ıalify	/ing t	ime	is cor	npul	sory	
FOR !	50KI	VI SE	EDIN	G Pl	JRP	OSE	S - B	BEST	TIM	E LA	ST 1	L2 N	10N	THS	:			
42.2km	h	h	:	m	m	:	S	S	21.1	Lkm	h	h	:	m	m	:	S	S
EVENT NAME								EVE	NT D	ATE			/			/		
			ГО ВЕ	COI	MPL	ETE	D BY	/ AL	L EN	TRA	NTS							
FIRST NAME																		
SURNAME																		
ID NUMBER															AGE			
PASSPORT NUMBER																		
NATIONALITY																		
DATE OF BIRTH	D	D	/	MM	/	Υ	Υ	Υ	Υ	GEN	DER	:	MA	LE		FEM	ALE	
PROVINCE																		
CELL NUMBER																		
EMAIL ADDRESS																		
		ATH	LETE D	ETAIL	.s - c	LUB /	AND	LICEN	ICE IN	FORM	/IATIO	ON						
RUNNING CLUB																		
2023/4 LICENCE NO						PRC	VIN	CE										
EMERGENCY INFORMATION	DN																	
EMERGENCY CONTACT																		
EMERGENCY NUMBER																		
ALLERGIES:																		
OTHER MEDICAL INFO:				<u> </u>						L		L						
INDEMNITY																		
RILLES AND REGULATIONS · ENTRAI	NT HNE	FRTAK	E TO ARII	DE BY T	HE RA	CE RIIII	FS AND	AGRE	F TO TH	FM								

All entrants agree that the information they have supplied is true and correct. That they are in good health, are physically fit and trained to participate in and understand the risk associated with the event. They agree to abide by all the rules and conditions of the event and accept that they enter and participate at their own risk, and indemnify the organizers, World Athletics, ASA and EPA, all sponsors and partners, volunteer groups, medical personal and any or all other parties from any direct or indirect loss or damage, however caused, arising from their participation in the event, or related event. They grant permission in terms of section 51 of the electronic communication transactions act 25 of 2002, to use their name, race information, photographs, video tapes, broadcasts, telecast in which they may appear free of charge. They accept that their personal information will remain confidential and consent to same being shared with the parties involved in the organization of the event for purposes of registration, timing, medical care, World Athletics rankings and promotional material. All entrants agree to observe rules and regulations, and if found to be in breach of protocol, accept disqualification and/or any other penalties or action taken against the participant.

ACCEPT INDEMNITY		I HAVE READ AND ACCEPT THE ABOVE INDEMNITY										
PAYMENT												
50KM ENTRY FEE (INCLUDES RACE ENTRY AND TIMING CHIP)						5	0	1	0	0		
10KM ENTRY FEE (INC	ENTRY FEE (INCLUDES RACE ENTRY AND TIMING CHIP)							-	0	0		
TEMPORARY LICENCE (10KM ONLY)							0	-	0	0		
TOTAL								-				
PAYMENT RECEIVED: DATE:						/			/			

SIGNATURE (Guardian for persons under18):





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GENERAL RULES

- 12. The closing date for online and manual entries will be 18 February 2024.
- 13. Collection of race numbers as well as late entries, will be available on Saturday 24 February 2024 between 09h00 and 20h00 from the Marine Hotel.
- 14. NO LATE ENTRIES WILL BE AVAILABLE ON RACE DAY.
- 5. COLLECTION OF NUMBERS ON THE MORNING OF THE EVENT will be available between 04h00 and 05h15 from the Marine Hotel for the 50km, and between 05h15 and 06h30 for the 10km.
- 16. The race number contains a chip and must under no circumstances be folded.
- 17. Athletes must be licensed members of a club affiliated to ASA.
- 18. Athletes must run in official Club colours with the Official race number on the front and 2023/2024 licence numbers on the back and front of yest/tshirt.
- 19. Unlicenced runners (10km only) must purchase a temporary licence with their entry, to be worn on the back of attire. Invited / International athletes will be provided with the necessary temporary license as per ASA rules.
- 20. Athletes must be at least 20 years or older to participate in the 50km and 14 years or older for the 10km
- 21. Timing will be done mat to mat, except for Provincial / Elite and Contenders
- 22. The cut off time for the 50km is 6h00 hours and the cut off time for the 10km is 100 minutes. There will be an official cut off time on the route at the 42.2km timing mat at 10h30 (5h00). 10km runners on the course when the 50km winners are approaching, will be directed into a coned lane to keep the finish line clear for the winners.

STARTING TIMES

- 23. The 50km race will start at 05h30 from Pollock Beach, Summerstrand. The 10km will start at 06h45
- 24. There is a strict protocol for line up and start. ALL runners will be required to abide 100% to this process. Any contravention will bring instant disqualification from any start official.
- 25. NOTE: late starters will NOT be allowed and will be removed from the route.
- 26. Refreshment tables will serve water sachets and cups with coke.
- 27. Refuse Bins will be provided along the route up to 300m past the water point. Litter MUST be discarded into the very large areas. Intentional littering and littering in non-designated areas, may lead to instant disqualification.
- 28. Organised 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.
- 29. All Traffic Officials, Technical Officials and marshals must be obeyed. Breach of any regulation or requirement may lead to instant removal without appeal. The race organiser and safety officer have final decision in this regard.
- The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
- 31. Race venue is an alcohol free zone. Club gazebo's are welcomed to be placed in the designated area at the race village.
- 32. The wearing of age category tags are compulsory to be eligible for prize money.
- 33. It is every athletes responsibility to read, and comply with these requirements. No contraventions will be entertained.
- 34. Live TV coverage will be provided.
- 35. All finishers will receive an event medal. Gold, Silver and Bronze medals will be awarded to the overall Male and Female winners at the finish line.
- 36. Full results, photographs and live streaming will be available on www.epathletics.co.za.

ROAD CLOSURE

37. Full road closure will be enforced on raceday between 04h00 and 11h30 from Driftsands Drive along Marine Drive to Schoenmakerskop. Athletes are requested to access the start via Strandfontein Road using 2nd Avenue, Brighton Drive and parking in 8th avenue.



















