



Saturday 16 March 2024

**21.1km starts at 06h30
10km starts at 07h00
5km starts at 07h15**

Despatch Rugby Club, Botha Street, Despatch

Organized in accordance with the rules of ASA and EPA
21.1km is an EPA Prestige and Participation League Event and Incorporating the EPA Half Marathon Championships
10km is an EPA 1 Point Participation League Event

NO LATE ENTRIES ON THE MORNING OF THE EVENT



Enter online: <http://webtickets.co.za>



21.1km Prize Money - Men and Ladies								
Position	Open	JUNIOR	35-39	40-49	50-59	60-69	70-79	80+
1	R7 000	R1 000	R1 000	R1 000	R1 000	R1 000	R1 000	R1 000
2	R4 000	R700	R700	R700	R700	R700	R700	R700
3	R2 500	R 400	R 400	R 400	R 400	R 400	R 400	R 400
4	R1 500							
5	R750							
10km Prize Money - Men and Ladies								
Position	Open	JUNIOR	35-39	40-49	50-59	60-69	70-79	80+
1	R1 000	R500	R500	R500	R500	R500	R500	R500
2	R 750	R300	R300	R300	R300	R300	R300	R300
3	R500	R200	R200	R200	R200	R200	R200	R200

Directions to start:

Drive along Uitenhage Road towards Despatch. Continue straight at crossing and proceed under the bridge. Turn left at Robots into Main Street and continue for 4km. Turn left into Tulbach Street and right into parking area.



ENTRY FORM

Tick the appropriate block:

	21.1km (06h30)	10km (07h00)	5km (07h15)
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Licence No : Province:

Club in Full : _____

Surname: _____ Name : _____

ID No : _____ Passport No. _____
(If non-SA)

Date of Birth: ____/____/____ Nationality: _____

Gender: _____ Age: _____ Cell no : _____

Email : _____

Emergency Contact: Name: _____ Cell Nr: _____

Do you agree to not litter during the race and accept disqualification if reported for doing so? Yes No

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

21.1km	(60+ Athletes R70.00)	R140.00	R.....
10km	(60+ & Junior Athletes R50.00)	R 100.00	R.....
Temporary License		R 50.00	R.....
5km (No temp licence is required)		R 30.00	R.....
Total			R.....

Signature:(Parent or Guardian if minor) Date entered: 2024/...../.....



GENERAL RACE INFORMATION – NMB UITENHAGE HUMAN RIGHTS RACE

- Races will start at 06h30 (21.1km), 07h00 (10km) and 07h15 (5km) respectively.
- The start is at the Despatch Rugby Club, Botha Street, Despatch.
- 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.
- Athletes must display the official race number on the front of the vest/tshirt and 2024 licence number on the front and back of the vest.
- Race numbers contains a chip and must not be bent or folded.
- 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.
- 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.
- Athletes must be at least 16 years or older for the 21.1km, 14 years or older for the 10km and 9 years or older for the 5km.
- Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
- The race committee reserves the right to accept or reject any entry.
- Club Gazebo's are welcome, however it is a licenced premises so no alcohol may be brought into the stadium.
- Entries may be handed in at Brian Bands, The Footballer, Sportsmans Warehouse or UD Sports in Uitenhage. The closing date for pre-entries will be at 14h00 on Wednesday 13 March 2024. Online entries are available on www.webtickets.co.za until Tuesday 12 March 2024.
- Collection of race numbers (pre-entries) and late entries will be accepted at the EP Athletics office, Westbourne Oval, Westbourne Road between 14h00 and 18h00 on Friday 15 March 2024.**
- Race numbers can be collected on the morning of the event.**
- There will be NO late entries on the morning of the event for the 21.1km or 10km event.**
- The no seconding rule will apply for the 10km. Personal seconding on the 21.1km route at waterstations only, stand and hand rule applies.
- All traffic Officials and marshalls must be obeyed.
- The cut off time for the 21.1km is at 10h00 and 08h40 for the 10km.
- There will be sufficient refreshment stations on the 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. Littering may lead to disqualification.
- Full results will be available on www.epathletics.co.za.
- The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
- A finishers token will be awarded to all finishers.

INFORMATION

For more information, contact Michael Mbambani on 079 149 6796, Irene van Eeden on 083 299 1775 or contact EP Athletics (041 3742818) during office hours (Monday – Friday 09h00 – 14h00) or email epa@pe.co.za.

