



ENTRY FORM 27 JANUARY 2024

Tick the appropriate block: 10km (06h00) 5km (06h25)

Club: Licence No :

Name of School if scholar:

Surname: Name :

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

Gender:Age : Phone Cell :

Email Address:

Emergency contact:

Emergency number:

| | | |
|--------------------|---------|--------|
| 10km (Senior – 59) | R100.00 | R..... |
| 10km (Juniors) | FREE | R..... |
| 10km (60+) | R50.00 | R..... |
| Temporary License | R50.00 | R..... |
| 5km Run/Walk | R30.00 | R..... |
| Total | | R..... |

INDEMNITY / WAIVER

By entering this event I undertake to be bound by the rules and regulations of the event including those of WA 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 at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

Signature:(Parent or Guardian if minor)



10km road race

Competitors must be 14 years of age or older on race day. The race starts at 06h00. The official cut off time is 08h40.

5km Family Run

The 5km Family run starts at 06h25. Cut off time is at 08h40. Race bands must be worn on the arms and be visible at all times. Competitors must be 9 years or older. Medals to ALL finishers in the 5km event.

Medals

10km - Gold medals to the first 5 men and ladies as well as the winners of the different age categories. Silver medals will be awarded to the next 150 athletes and bronze medals to all finishers within the cut-off for the 10km races. EPA Championships medals will be handed to the top three EPA registered athletes per category.

Lucky Draw Prizes

All entrants are eligible and must be present to win!

Prize money for 10km - Men & Women (To be paid via EFT)

| | 1 st | 2 nd | 3 rd | 4 th | 5 th |
|---------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Open | R5000 | R3000 | R2000 | R1000 | R750 |
| Junior | R1000 | R750 | R 500 | R 400 | R300 |
| 35 – 39 | R1000 | R750 | R 500 | | |
| 40 - 49 | R1000 | R750 | R 500 | | |
| 50 - 59 | R1000 | R750 | R 500 | | |
| 60 - 69 | R1000 | R750 | R 500 | | |
| 70 - 79 | R1000 | R750 | R 500 | | |
| 80+ | R1000 | R750 | R 500 | | |

ENQUIRIES: For further information on the event, contact Michael on 0791496796 or EPA Office on 041 374 2818.

DIRECTIONS AND PARKING:

From PE, continue towards Colchester, once you cross the bridge at Sundays River, turn right. Turn right again and follow directions to the Mackay Bridge Angling Club.





General race Information:

1. Entries may be handed in at Brian Bands, Sportsmans Warehouse or UD Sport in Uitenhage. The closing date for pre-entries will be Wednesday 24 January 2024. Online entries are available on www.webtickets.co.za and will close on Tuesday 23 January 2024.
2. Collection of numbers and late entries will be available at Westbourne Oval on **FRIDAY 26 January 2024** from 14h00 to 18h00 and at the race venue from 05h00 on the morning of the race.
3. Athletes must display the 2023/2024 licence numbers on the front and back of the vest/shirt and official race number placed over the licence number with ASA advertising visible. The race number contains a chip and must not be bent.
4. 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.
5. Temporary licenced athletes are not covered by ASA group insurance and are encouraged to join an athletics club.
6. Age category tags must be worn on front and back of your vest, clearly visible, if you wish to qualify for category prizes.
7. Prize winners may be requested to provide proof of age.
8. Wearing of earphones are not allowed and may lead to disqualification.
9. The race committee reserves the right to accept or reject any entry.
10. The Prize Giving will commence at 08h45.
11. Full results will also be posted on www.epathletics.co.za.
12. No Alcohol may be brought onto the premises.
13. Entry fees are non-refundable.
14. The no seconding rule will apply. No private vehicles will be allowed on the route to second athletes.
15. There will be three refreshment stations on the 10km route and one refreshment station on the 5km route. Please support the Anti-littering campaign. Refuse bins will be provided along the route. Please discard used water sachets into or near to these bins. Littering is an offence and may lead to disqualification.
16. Organised in accordance with the rules and regulations of ASA and EPA.



Incorporating the EPA championships

SATURDAY 27 JANUARY 2024

**Mackay Bridge Angling Club
COLCHESTER**

**Starting times: 10km – 06:00
5km – 06:25**



EPA PARTICIPATION & PRESTIGE LEAGUE

Enter online on www.webtickets.co.za before 23 January 2024

