		The Sunshine Race 5km –
Position	Open	1
1	R250	1
2	R150	2
3	R100	



Prize Money – Men and Women

The Sunshine Race 5km – Children from the Home				
Position	Open	Province of the		
1	Voucher to the value of R200	EASTERN CAPE		
2	Voucher to the value of R150	SOCIAL DEVELOPMENT		
3	Voucher to the value of R100	**************************************		

Enquires:

For further information on the event, contact **Themba Gxabeka 079 885 9655**, **Godfrey Gelderbloem 083 296 9994** or alternatively, **EP Athletics on 041 374 2818**.

Direction and Parking:

5 Blackthorne Avenue, Forest Hill, Gqeberha 6001

- 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 returning to 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.



The Sunshine Race

10km - Jam | 5km - 7:15am



Forest Hill – Protea Child Care Centre | 29 June 2024

EPA Participation League

Organized in accordance with the rules of ASA and EPA -

Enter Online: http://webtickets.co.za - Entry forms available at leading spc









"Let us reach out to the children. Let us do whatever we can to support their fight to rise above their pain and suffering." Nelson Mandela.

HOW TO ENTER

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

ENTRY FORM



Surname:	
First Name:	
Gender:	
Telephone:	
ID Number:	
Emergency	
Contact No:	
Running Club:	
License No:	

Entry Fee: 5KM: R50 10KM: R100

Pensioners & Juniors (16 Years and

younger): 5KM: R50 10KM: R50

Temporary License: 10km: R50

Total:

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

Date:	 (dd/mm/yy)

name and signature is under 18)

Signature: _____(Guardian

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 unsafe4, 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.

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 Forest Hill, 5 Blackthorne Avenue.
- 3. Organized in accordance with the rules and regulations of ASA and EPA. All athletes indemnify the national, Provisional, and regional bodies, sponsors and organizers against all and any actions of whatsoever nature.
- 4. Athletes must display the official race number on the front of the vest/T-shirt and 2024 license number on the front and back of the vest/T-shirt.
- 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/T-shirt.
- 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 and Action, or UD Sports. The closing for pre-entries will be at 14h00 on Tuesday 25 June 2024. Online entries are available on www.webtickets.co.za until Tuesday 25 June 2024.
- 11. Collection of race numbers (pre-entries) and late entries will be accepted at the race venue, between 16h00 and 19h00 on Friday 28 June 2024.
- 12. Race numbers can be collected on the morning of the event from 05h30 at the race venue.
- 13. Late entries will be taken at the morning of the event from 05h30am
- 14. The no seconding rule will apply for the 10km.
- 15. All Traffic Officials and Marshals must be obeyed.
- 16. The cut off time for the 10km is at 08h40
- 17. There will be 2 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 cash on the day. Prize giving will be held at 09h00
- 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	70-79	80+
1	R500	R400	R400	R400	R400	R400	R400	R400
2	R300	R200	R200	R200	R200	R200	R200	R200
3	R200	R150	R150	R150	R150	R150	R150	R150

