

### The Sunshine Race 5km – Prize Money – Men and Women

Position	Open	 <div style="display: inline-block; vertical-align: middle; text-align: left;">                     Province of the  <b>EASTERN CAPE</b>                      SOCIAL DEVELOPMENT                 </div>
1	R250	
2	R150	
3	R100	

### The Sunshine Race 5km – Children from the Home

Position	Open	 <div style="display: inline-block; vertical-align: middle; text-align: left;">                     Province of the  <b>EASTERN CAPE</b>                      SOCIAL DEVELOPMENT                 </div>
1	Voucher to the value of R200	
2	Voucher to the value of R150	
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 - 7am / 5km - 7:15am



YOU  
ARE  
MY  
SUN  
SHINE

**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

**web tickets**



Province of the  
**EASTERN CAPE**  
SOCIAL DEVELOPMENT



*"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)

Signature: \_\_\_\_\_ (Guardian name and signature is under 18)

### 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.*

