

RACE PRIZE WINNERS 10KM

MALE & FEMALE	1 ST = R300	2 ND = R200	3 RD = R150
40 - 49	1 ST = R300	2 ND = R200	3 RD = R150
50 - 59	1 ST = R300	2 ND = R200	3 RD = R150
60 - 69	1 ST = R300	2 ND = R200	3 RD = R150
70 - 79	1 ST = R300	2 ND = R200	3 RD = R150
80 +	1 ST = R300	2 ND = R200	3 RD = R150
Juniors	1 ST = R300	2 ND = R200	3 RD = R150

5KM

1ST R100

2ND R75

3RD R50



Directions to Start:

From La Roche Drive turn into Forest Hill Drive. Turn right and continue for 2.5km. Turn left into Green Drop Road and continue for a further 3.4km.

From Strandfontein Rd, turn into Blackthone Road. Turn right into the Forest Hill Drive and continue for 1.91km. Turn left into Green Drop Road and continue for a further 3.4km

This race is organised by Sibaleka Nani Athletics Club
in Association with Nedbank Athletics Club Eastern Cape



DOROTHY HART

10/5KM CHARITY RUN

Time: 10 km - (06h00)
5 km - (06h25)



SAT, 09 December 2023

DRIFTSANDS WWTW, GREEN DROP ROAD, FOREST HILL, GQEBERHA

Sibaleka Nani Athletics Club supports

“ 16 Days of No to Violence Against Women & Children”



“ALL MONEY COLLECTED VIA ENTRIES
WILL BE DONATED TO
DOROTHY HART FOR HER EYES TREATMENT”



LA ROCHE MOTORS



NEDBANK
RUNNING
CLUB



ENTRY FORM

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

Licence No: _____ Province: _____
10km only

Club in Full: _____

Surname: _____ Name: _____

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

Nationality: _____

Date of Birth: ___/___/___ Gender: _____ Age: _____

Cell no: _____ Email: _____

Emergency Contact : Name: _____ Cell Nr: _____

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, an 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

10km	R100.00	R.....
5km	R50.00	R.....
Unlicenced (10km Only)	R140.00	R.....
Total		R.....

Signature : (Parent or Guardian if minor)

Date entered: 2023/...../.....

RULES

10KM ROAD RACE

- 1.Race held under the rules of ASA, WA and EPA. Athletes indemnify the National, Provincial and Regional Bodies, Sponsors and organisers against all and any action of whatsoever nature, whatever same may be arising out of their participation in the race.
- 2.Race organisers reserves the rights to reject any entry.
- 3.Races will start and finish at Driftsands WWTW, 1 Green Drop Road, Off Forest Hill Drive. South End. 10km- 06h00 and 5km – 06h25, Saturday 9 December 2023.
- 4.Prize giving and Lucky Draw will take place at 08h30 sharp.
- 5.Athlete must run in official club colours with 2023 licence on front and back of the vest. If race number is supplied, it should be placed over the front licence number with ASA sponsors logos visible.
- 6.Temporal licence for 10km will be on sale for R40.00 for athletes who are not licenced members of clubs affiliated to ASA. It must be worn on the front of your plain vest/shirt and temporal number on the back.
- 7.Registered athletes are covered by a group personal insurance scheme. Temporal licenced athletes have no cover and are urged to join affiliated club of their choice subject to EPA rules.
- 8.Age tags must be worn to qualify for age category prizes. Runners using temporal licence may need to produce proof of age on the race day to qualify for prizes.
- 9.Competitors must be 14 years of age or older for running 10km.
- 10.No personal seconding on the route allowed.
- 11.The wearing of earphones and headsets are not permitted due to safety reasons and will lead to disqualification.
- 12.All Traffic Officers and Marshals must be obeyed at all times.
- 13.Runners still on the road after 1 hour 45 minutes will be regarded as non- finishers.
- 14.Enter online at www.webtickets.co.za or any Pick n Pay Shops until Wednesday 6 December 2023 Midnight.
- 15.Manual Race entries can be done at Brian Bands,Cape Road, Action Sports, Summerstrand and UD Sports in Kariega until Wednesday 6 December 2023 at 17h00.
- 16.Limited cash entries will be accepted for late entries. Banks cards are recommended for late entries.
- 17.Collection of Race Numbers(Pre Entries) and late entries will be accepted at Driftsands Dewatering Building, Green Drop Road, Forest Hill from 14h00- 18h00 and on the morning of the race from 05h00 to 06h15.
- 18.Race Results will be available at www.eathletics.co.za
- 19.Race Photos will be available at Sibaleka Nani Athletics Club Facebook page.
- 20.There will be water points at +- every 3km and liter bins at all water points. Please discard used water sachets into the bins provided, intentional littering will lead to disqualification.
- 21.Distance marker boards every 1 km
- 22.Prize money will be paid by EFT ONLY. Winners need to complete bank details slips at the finish.

5KM ROAD RACE

- 1.No temporary licence payable required to enter the race.
- 2.Water point will be at 2.5km
- 3.Prize will be paid in vouchers

General Rules & Race Enquires:

Nkosazana Mlungwana: 072 341 5660 (Whatsapp & Voicemails)
Ms Tutu Mlambo: 073 709 3708 (Whatsapp & Voicemails)
Race Director: 076 888 3589 (Whatsapp & Voicemails)
Irene Van Eeden: 083 299 1775 (Whatsapp & Voicemails)

IMPORTANT ROAD CLOSURE INFORMATION:

The Green Drop Road to the start will be closed for traffic between 06h15 and 08h30. Thereafter, vehicles to leave will have one lane to leave the venue BUT please consider runners still finishing their event.