

PRIZE MONEY & LUCKY DRAWS

Prize money for 10km - Men & Women

	1 ST	2 ND	3 RD	4 TH	5 TH
Open	R5000	R3000	R2000	R1000	R 750
Junior	R1000	R 750	R 500	R 300	R 200
35-39	R1000	R 750	R 500		
40-49	R1000	R 750	R 500		
50-59	R1000	R 750	R 500		
60-69	R1000	R 750	R 500		
70-79	R1000	R 750	R 500		
80+	R1000	R 750	R 500		



Prize money will be paid via EFT. Age category tags must be worn to be eligible for prize money. All entrants are eligible for a lucky draw and must be present to win!

Directions to start:

Proceed up Cape Road towards St Albans. Turn left into Baywest Boulevard and continue over the N2 Freeway. Continue until the circle at Walker Drive and turn right. Parking on the upper level at entrance 3 or lower level at entrance 4 is the preferred parking areas which has close proximity to the start and finish.



NMB

CHOOSE TO CHALLENGE BAYWEST MALL

SATURDAY

2 NOVEMBER 2024

10 km

STARTS 07h00

5 km

STARTS 07h15

1 km

STARTS 08h40



Organised in accordance with the rules of ASA and EPA
EPA PARTICIPATION AND PRESTIGE LEAGUE



ENTER ONLINE **web** tickets
<http://webtickets.co.za>



RULES

- Races will start at 07h00 (10km), 07h15 (5km) and 08h40 (1km Dash) respectively.
- The start is at the Baywest Mall Entrance 4.
- 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/t-shirt 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 14 years or older for the 10km, 9 years or older for the 5km and 9 years or younger for the 1km Kiddies Dash.
- 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 but not at the prize giving, which will be held in the Food court at 08h45. Prize winners must be dressed in their club colours during the award presentation.
- Entries may be handed in at Brian Bands Sports Cape Road or Cellucity Baywest.
- The closing date for pre-entries will be at 14h00 on Wednesday 30 October 2024. Online entries are available on www.webtickets.co.za until 22h00 on Tuesday 29 October 2024.
- Collection of race numbers (pre-entries) and late entries will be accepted at the Baywest Mall Centrecourt between 14h00 and 18h00 on Friday 1 November 2024, and from 06h00 on the morning of the event.**
- The no seconding rule will apply for both events.
- All Traffic Officials and marshalls must be obeyed.
- The cut off time is at 08h40 for both events.
- There will be two refreshment stations on the 10km 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.

CONTACT 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@epathletics.co.za.



CHOOSE TO CHALLENGE
BAYWEST MALL

ENTRY FORM

Tick the appropriate block: 10km (07h00) 5km (07h15) 1km Dash (08h40)

Licence No: (10km) Province:

Club in Full: _____ Name: _____

Surname: _____

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

10km	(60+ Athletes & Juniors R50.00)	R100.00	R.....
Temporary License	(10km Only)	R50.00	R.....
5km (No temp license is required)		R30.00	R.....
1km Kiddies Dash	(9 years or younger)	R10.00	R.....
TOTAL			R.....

Signature:(Parent or Guardian if minor)

Date entered: 2024/...../.....

