

GENERAL INFORMATION & RULES

The race is held under the rules of ASA & EPA. All athletes indemnify the National Provisional & Regional Bodies, the Sponsors & the Organisers against all & any actions of whatsoever nature & participate at their own risk.

ENTRIES & COLLECTION

Online entries at entrytime.com until 16th October 2024. Forms are available in Port Elizabeth at Brian Bands and BUCO Port Alfred. Email entries until 16th October 2024 to Mike: nunanm9@gmail.com with entry form & deposit slip. EFT deposits (NO CASH) to Kowie Striders: ABSA 632005, Acc.9047888371

Entries & collection of race envelopes on 18th October 2024 at the Port Alfred Country Club from 17h00 – 19h00. For the 10km on race day from 06h00 – 08h00 at the Port Alfred Country Club and the 27 km at the Big Pineapple from 06h00. reference - surname

GENERAL INFORMATION & RULES

2024 license must be worn on the FRONT & BACK of vests for the 27 km and the 10km. non-registered runners will receive a temp license number to be worn on the front of the vest if there is no race number & on the back if there is a race number (R60). All traffic officials & marshals must be obeyed. Wearing earphones during the race is not allowed. They are a safety hazard and will lead to disqualification. Littering outside the allocated disposal points may lead to disqualification. Only athletes 16 and older may run the 27km and older than 14 for the 10km.

CUT OFF TIMES: 27km finish line – 11h00
10km finish line – 10h00

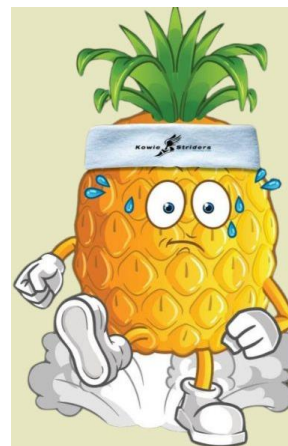
PRIZES & MEDALS

Age category flashes to be worn on front & back of vest to qualify for prize money. The race committee reserves the right to accept or reject any entry. No personal seconding allowed. Lucky draw prizes. Medals to all finishers.

THE PRIZE MONEY

27 KM CATAGORY	1st	2nd	3rd
Male/ female	R1000	R800	R500
Veterans (40 -49) male/female	R300		
Maters (50 – 59) male/female	R300		
Grand Masters (60 +)	R300		
70 + male/female	R300		
10 KM CATEGORY	1st	2nd	3rd
Male/female	R300	R200	R100
Junior male/female	R300	R250	R150

Athletes are required to be dressed in their club kit on the podium for prizegiving.



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24**

PINEAPPLE RUN

SATURDAY, 19 OCTOBER 2024

Online entries (closing 16th October 2024)

27 KM - R170

10 KM - R100

On-the-day entries at the Port Alfred Country Club from 05h30 and at the Big Pineapple from 06h00

prizes to the top 3 finishers
medals to all finishers
lucky draw prizes

27 KM

WALKERS AND RUNNERS: 07h00
START: Big Pineapple in Bathurst
FINISH: Port Alfred Country Club

10 KM

WALKERS AND RUNNERS: 08h00
START: Port Alfred Country Club
FINISH: Port Alfred Country Club

Entries at entrytime.com

Contact: Mike Nunan 072 405 7204

Food and bar facilities available

Free transport available with the "Pineapple Express"

Departing from the Country Club to the Big Pineapple at 06h00



Event organised by the Kowie Striders, Port Alfred,
in accordance with the rules of ASA & EPA.

EPA Participation League



ENTRY FORM

27km 10km

FOR OFFICIAL USE ONLY

Race Number

Temp and/or Provincial
Licence Number

Please tick the appropriate boxes and complete

MALE

FEMALE

CLUB:

NAME:

SURNAME:

ID NUMBER:

AGE: DATE OF BIRTH:

TELEPHONE NUMBER:

EMAIL ADDRESS:

TEMP LICENCE

LICENCE NUMBER:

YES / NO

ENTRY 27KM

ENTRY 10KM

ADULTS	R170	ADULTS	R100
65+	R90	65+	R50
TEMP LICENSE	R50	TEMP LICENSE	R50
TOTAL DUE		TOTAL DUE	

INDEMNITY/WAIVER

I agree not to hold Kowie Striders, EPA, any provider in any form of transport to and from the event, including the owner and or driver of such vehicle, sponsor, or any one assisting in the organisation or holding of this event, liable for any death, injury or illness, which I may suffer directly or indirectly as a result of participating in the event, or for any damage or loss to my property I may suffer directly or indirectly as a result of participating in the event. I undertake to obey the rules set by the race organisers, ASA & EPA. I agree that ASA & any event organiser may utilise any image taken of me during an event in which I participate to record and/or promote that event or any similar event. This does not include permitting the image to be utilised for commercial purposes or in association with any brand or trade name, other than that of the event itself, without my express consent.

By entering this event I undertake to be bound by the rules & regulations of the event including those of WA & ASA. I warrant that I am in good health & aware of the risks & dangers of the physical nature of this sporting event, & do not claim ignorance of these risks & dangers. I hereby accept that I participate in the event entirely at my own risk & I release & discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, persons & organisations assisting in the staging of the event, provincial & national athletics bodies & 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 & warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity. In terms of the Protection of Personal Information Act, I allow the Sponsors to contact me.

MINOR RELEASE: , the minor's parent and/or legal guardian, understand the nature of athletic activities & the minor's experience & capabilities & believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity & I enter into this indemnity/waiver on behalf of the minor.

Do you agree to not litter during the race and accept disqualification if reported for doing so?

Yes No

EMERGENCY CONTACT: NAME

EMERGENCY CONTACT: CELL #

SIGNATURE OF ENTRANT:

SIGNATURE OF PARENT/GAURDIAN
IF ATHLETE IS UNDER 18: