



PRIZE MONEY FOR MEN AND WOMEN

21.1KM			
	1 st	2 nd	3 rd
OPEN	1000	750	500
35-39	450	350	250
40-49	450	350	250
50-59	450	350	250
60-69	450	350	250
70+	450	350	250
10KM			
OPEN	450	350	250
35-39	300	250	150
40-49	300	250	150
50-59	300	250	150
60-69	300	250	150
70+	300	250	150
JUNIOR	300	250	150

Athletes are required to be dressed in their club kit on the podium for prize giving





IN PARTNERSHIP WITH



BAY RUN NMB



05 October 2024



Cape Recife High School



21km | 10km | 5km
06:00 | 06:15 | 06:05

EPA PARTICIPATION LEAGUE

CLUB/SCHOOL
WITH THE MOST ENTRIES WINS A BRANDED GAZEBO
R2500 CASH
lucky draw prize!





BayRun

NELSON MANDELA BAY

ENTRY FORM

Tick the appropriate block:

21.1km (06h00)

10km (06h15)

5km (06h05)

Licence No:

(21.1km and 10km)

Province:

Club in Full:

Surname:

Name :

ID No

Passport No.

(If non-SA)

Nationality:

Date of Birth:

Age:

Cell no:

Emergency Contact: Name:

Cell Nr:

Do you agree to not litter during the race and accept disqualification if reported for doing so? Yes _____ No _____

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

21.1km	(60+ Athletes R120.00)	R180.00	R.....
10km	(60+ Athletes R70.00)	R100.00	R.....
5km		R 50.00	R.....
Temporary License	(N/A for the 5km)	R 50.00	R.....
Total			R.....

Signature:

(Athlete / Parent or Guardian if minor)

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



GENERAL RACE INFORMATION

1. Organized 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.
2. Online entries are available on www.webtickets.co.za until 24h00, Tuesday 1st October 2024.
3. **Entries can be handed in at Brian Bands Sports in Cape Road, Sportsmans Warehouse and UD Sports in Uitenhage. Closing date for entries will be Wednesday 2 October 2024.**
4. The race committee reserves the right to accept or reject any entry.
5. **Collection of race numbers** and late entries will be available from the home of 32Gi athletics club, Wembley Tennis Club, 1 McCoy Road, Mill Park, Port Elizabeth, on Friday the 4th of October 2024 between 12h00 and 19h00 and at the start of the event at Cape Recife High school from 05h00 until 05h45 on race day.
6. Entry fees are non-refundable. A receipt/proof of payment may be required in case of any discrepancy with pre-entries.
7. All traffic Officials and marshals must be obeyed.
8. The wearing of earphones or headsets is not permitted due to safety reasons and may lead to disqualification.
9. Medals will be available for all finishers within the cut off time.
10. **21.1km race will start at 06h00, 5km will start at 06h05, the 10km will start at 06h15** from 58 Admiralty Way, Summerstrand, Gqeberha, 6001. The minimum age for the 21.1km is 21.1km – 16 years, 14 for the 10km and 9 years for the 5km, unless accompanied by a parent.
11. **The cut off time** for the cut-off for the 21.1km is at 09h30 (3 ½ hours), the cut off time for the 10km is at 08:20 (2 hours). There is no cut off for the 5km race.
12. **Club gazebos** are welcome and encouraged. Clubs wishing to put up a Gazebo must collect an entry permit at Registration for parking. Gazebo's must be up no later than 05:45
13. **Athletes must wear 2024** licence numbers on the back and front of the vest/shirt, with the official race number on the front over the licence number.
14. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the back of the vest.
15. **Age category** tags must be visible 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.
16. Prize monies will be paid via EFT.
17. The Prize giving for the 10km will commence at 08h20, followed by the 21.1km prize giving at 09h30.
18. The main lucky draw prize of R2500 cash will be held for all participants at 09h45.
19. There will be food vendors for your convenience. Please show your support.
20. Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
21. Please obey parking marshals.
22. Athletes must always run facing traffic, unless instructed otherwise by a marshal.
23. **No personal seconding (vehicle or bicycle) will be allowed on the route.**
24. Refuse bins will be placed every km and up to 500m after the water stations. Please discard all litter (sachets/bottles/cups/other) into the bins provided and not beyond the designated points. **DO NOT DROP your litter on the floor.**
25. Disposing litter outside the demarcated zone may result in disqualification.

INFORMATION

For more information, contact Jonathan Mandell (083 414 2624), Theresa Buchner (081 723 8230) or EP Athletics (041 3742818)

