

MEDALS

TO ALL FINISHERS

PRIZES AND MEDALS

15KM		OPEN	40-49	50-59	60-69	70+	JNR	5km
1	MALE / FEMALE	R1500	R350	R250	R250	R250	R250	R200 Voucher
2	MALE / FEMALE	R800	R300	R200	R200	R200	R200	R150 Voucher
3	MALE / FEMALE	R350	R250	R150	R150	R150	R150	

LUCKY DRAWS:
Two pairs of Puma takkies and other Puma Running Shirts and Socks up for grabs.

LUCKY DRAW PRIZES

Winners must be present at the draw to receive a prize should their name be drawn. All entrants qualify for lucky draw prizes.

ENTER NOW!

FIRST 100 ONLINE ENTRANTS FOR THE 15KM TO RECEIVE A FREE PUMA RUNNING SHIRT

FIRST 200 AT RACE COLLECTION ON FRIDAY, 21 JUNE 2024 AT GALAXY BINGO CORKWOOD SQUARE WILL RECEIVE A FREE SILICONE WATER BOTTLE



Galaxy **BINGO**
GAMING • ENTERTAINMENT



15km & 5km Fun Run • **22 June 2024**

Starting Times: 15km 07H00 | 5km 07H15



MUIRITE STRIDERS



EPA Participation and Prestige League Event

Start & Finish: Undercover Parking at Corkwood Mall



CORKWOOD 15KM / 5KM FUN RUN

ENTRY FORM



PLEASE TICK THE APPROPRIATE BLOCK:

MALE FEMALE 15KM 5KM

LICENCE NUMBER: _____

SURNAME: _____

FIRST NAME: _____

CLUB IN FULL: _____

DATE OF BIRTH: _____

AGE ON RACE DAY: _____

ID NUMBER: _____

EMAIL ADDRESS: _____

CONTACT NO: _____

EMERGENCY CONTACT: _____ NO: _____

INDEMNITY/WAIVER

By entering this event I undertake to be bound by the rules and the 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.

SIGNATURE (PARENT IF UNDER 18)

LICENSED ATHLETES 65 YEARS AND OLDER ENTER FOR A REDUCED PRICE IN 15KM ONLY

15 KM ENTRY FEE: R120.00 (65+ yrs R60.00)	R
5 KM ENTRY FEE: R30.00	R
TEMP. LICENCE (15KM ONLY): R50.00	R
TOTAL	R

GENERAL RULES

1. Race will start and finish in the Undercover Parking at Corkwood Mall
2. 15km 07:00am/5km 07:15am - Cut-off time: 09:30am.
3. Prize giving to be held in the Undercover Parking at Corkwood Mall at 10:00am.
4. All traffic officers & marshals shall be obeyed at all times. All runners must run on the right hand side of the road.
5. Toilet facilities available. No showers.
6. **RACE ENTRIES:**
 - Online entries open 22 May 2024 and close 19 June 2024 at <https://www.webtickets.co.za> **web tickets**
 - Store entries open 22 May 2024 and close 19 June 2024
 - Enter at: UD Sports Uitenhage/Kariega & Brian Bands
 - Late entries & race collection: 21 June 2024 from 3:00pm - 6:00pm at Galaxy Bingo, Corkwood Square
 - **LATE ENTRIES, RACE COLLECTION & REGISTRATION** on Race Day from 6:00am
7. 15km race organised in accordance the rules and regulations of the ASA and EPA. Athletes indemnify the Provincial and Regional Bodies, Sponsors and Organisers against all and any action of whatsoever nature, arising out of their participation in the race.
8. Athletes must run in official club colours with 2024 licence number on the front and back of the vest. If a race number is supplied it, should be placed over the front licence number with the ASA sponsor visible.
9. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the front of the vest or plain coloured T-shirt. If a race number is supplied, the race number is to be placed on the front of the vest/shirt and the temporary number on the back.
10. Age category tags to be worn to qualify for age prize.
11. Competitors for 5km must be 9 years or older, and for 15km must be 14years or older, on the day of the race.
12. No personal seconding allowed.
13. No earphones allowed on the route as this will lead to disqualification.
14. Refuse bins will be provided along the route up to 500m past the water point. Please discard used water sachets into or near to these bins. Littering in non-designated areas may lead to disqualification. Intentional Littering could also lead to disqualification.

General Enquiries:

Contact Margie du Toit on **082 496 2926**

ROUTE

