

CATEGORY PRIZES

	GENDER	OPEN	35-39	40-49	50-59	60-69	70+	JUNIORS
1ST	Male/Female	R600	R350	R350	R350	R350	R350	R350
2ND	Male/Female	R400	R250	R250	R250	R250	R250	R250
3RD	Male/Female	R300	R150	R150	R150	R150	R150	R150

5KM

HAMPERS (1ST MALE & FEMALE)

LUCKY DRAW PRIZES!

R2000 CASH PRIZE FOR THE PRIMARY SCHOOL WITH THE MOST ENTRANTS!

Hisense

SAMSUNG



Frogfoot
Just connect

RIVERDALE

WESTBROOK COUNTRY ESTATE

EIGER

USN

Snapp Chef

DSTV

WESTBROOK

COUNTRY ESTATE

GARDMED
AMBULANCE SERVICE



makro



MAKRO

10km Road Race & 5km Fun Run

Run with us and get in the Makro MOOD!



Join the Road Race & Fun Run

20 July 2024



Starting Times:

10km - 07:00 am (1st 500 finishers get a MEDAL !)

5km - 07:10 am (1st 300 finishers get a MEDAL !)

Venue: Makro Gqeberha, 735 Cape Road, Bridgemead

Organized by: ELITE Athletics Club/OA FOUNDATION

Enquiries: Errol - 081 289 7235
Peter - 083 341 3004
Janine - 071 602 7266



ENTRY FORM



PLEASE TICK THE APPROPRIATE BLOCK

5KM 10KM

LICENCE NUMBER: _____ CLUB NAME IN FULL _____

SURNAME _____

FIRST NAME _____

IDENTITY _____

DATE OF BIRTH _____ AGE _____ GENDER: M F

EMERGENCY CONTACT NAME _____

EMERGENCY CONTACT NUMBER _____

EMAIL _____

PRIMARY SCHOOL _____

ENTRY FEE

10KM
5KM
LICENCE ATHLETE 60+ & JNRS
TEMPORARY LICENCE 10KM ONLY
TOTAL

R100-00	R
R50-00	R
R50-00	R
R50-00	R
	R

INDEMNITY/WAIVER

By entering this event, I understand to be bound by the rules and regulations of event including those WA & ASA. I warrant that I am in a 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 danger. 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 organisers of the event all sponsors, persons and organisations assisting in the staging the event, provincial and national athletics bodies and all local authorities from an responsibility, liability or cost relating to any injury, loss or damage of whatever nature, however caused, arising directly from the 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 organization 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 and I, the minor's parent and/or legal guardian, understand the nature of athletics activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in the proper physical condition to participate in such activity and I enter into indemnity/waiver on behalf of the minor. I agree NOT to litter during the race and accept disqualification if reported for doing so? YES NO

.....SIGNATURE PARENT/GUARDIAN (if under 18)

SIGNATURE _____



GENERAL INFORMATION

- 1.Start/Finish on premises of Makro Gqeberha, 735 Cape Road, Bridgemead.
- 2.Starting time: 10km-07h00/5km-07h10.
- 3.Race entry forms may be collected/handed in at Makro Gqeberha store, Brain Bands sports, UD sports and online Webtickets. Closing date for all pre-entries on Wednesday 17 July @ 16:00. Online entries closes on the evening of 16 July 2024.
- 4.Proof of payment may be required in the case of any discrepancy with pre-entries.
- 5.Collection of race numbers (pre-entries) and late entries will be accepted from 15h00 until 17h30 on Friday 19 July 2024 at Makro Gqeberha store and the morning of the race from 05h00 till 07h00 at the Makro Gqeberha store. All entries non-refundable
- 6.Cut of time: 100 minutes (08:40). Prize giving at 09:00am. All prize winners must be in their club colours.
- 7.Lucky draw prizes available at prizegiving.
- 8.The minimum age for 10km is 14yrs on race day.
- 9.All runners run on the righthand side of the road, facing traffic.
10. All traffic officers & marshals shall be obeyed at all times.
11. Parking available at Makro.
12. Athletes must run in official club colours with 2024 licence numbers on the front and back of the vest.
13. Unlicensed athletes in the 10km must purchase a temporary licence to be worn on the front or a plain T-shirt.
14. Temporary licensed runners are not covered by ASA insurance Scheme. Completion of the tear-off strip is compulsory. Temporary licenced runners are urged to join an affiliated club. Contact EPA for more information. 041 374 2818
15. Race held under rules of ASA and EPA. Athletes indemnify the provincial & Regional Bodies, sponsors, or Organisers against all & any action of whatsoever nature, arising out of their participation in the race.
16. Age category tags must be worn on the front and back of your vest to be eligible for category prizes on the race day and must be clearly visible.
17. There will be three refreshments stations on the 10km route. Refuse bins will be provided up to 500m after refreshment station along the route. Please discard litter into these bins and not beyond the designated point. Intentional littering may lead to disqualification.
18. The no seconding rule will apply
19. The wearing of earphones & headsets in not permitted due to safety reasons and will lead to disqualification.
20. Race Organisers reserve the right to accept or reject any entry.
21. Gathering are allowed before and after the race event. Gazebos allowed in parking area Makro.

web tickets
your tickets your way

Online Entries at **WEBTICKETS.CO.ZA**
(Closing Tuesday Evening 16 July 2024)

