








KARIEGA
21.1KM, 10KM & 5KM FUN RUN
HUMAN RACE

21.1km Prize Money - Men and Ladies									
Position	Open	JUNIOR	35-39	40-49	50-59	60-69	70-79	80+	
1	R7 000	R1 000	R1 000	R1 000	R1 000	R1 000	R1 000	R1 000	 
2	R4 000	R700	R700	R700	R700	R700	R700	R700	
3	R2 500	R 400	R 400	R 400	R 400	R 400	R 400	R 400	
4	R1 500								
5	R750								
10km Prize Money - Men and Ladies									
Position	Open	JUNIOR	35-39	40-49	50-59	60-69	70-79	80+	
1	R1 000	R500	R500	R500	R500	R500	R500	R500	 
2	R 750	R300	R300	R300	R300	R300	R300	R300	
3	R500	R200	R200	R200	R200	R200	R200	R200	

Directions to start:

Drive along Uitenhage Road towards Despatch. Continue straight at crossing and proceed under the bridge. Turn left at Robots into Main Street and continue for 2.6km. Turn left into Handel Street and right into Amperbo Street. Turn left into school gate. Alternatively, continue to the end of Handel Street and turn right into Berg Street. Access parking just past Skool Street. (230m from start/finish).





Saturday 15 March 2025

21.1km starts at 06h00

10km starts at 06h30

5km starts at 06h45

**Danie Gerber Sport Field, Despatch High School,
Skool street, Despatch**

Organized in accordance with the rules of ASA and EPA

21.1km is an EPA Prestige and Participation League Event

10km is an EPA 1 Point Participation League Event



Enter online: <http://webtickets.co.za>



ENTRY FORM

Tick the appropriate block: **21.1km (06h00)** **10km (06h30)** **5km (06h45)**

Licence No: (21.1km & 10km) **Province:**

Club in Full: _____

Surname: _____ **Name:** _____

ID No : _____ **Passport No.** _____

Date of Birth: ____/____/____ **(If non-SA)**
Nationality: _____

Gender: _____ **Age:** _____ **Cell no:** _____

Email: _____

Emergency Contact: Name: _____ **Cell Nr:** _____

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 the 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 this Indemnity/waiver on behalf of the minor.

I agree to not litter during the race and accept disqualification if reported for doing so.

ENTRY FEES			
21.1km	(60+ Athletes R80.00)	R160.00	R.....
10km	(60+ & Junior Athletes R60.00)	R 120.00	R.....
Temporary License		R 50.00	R.....
5km (No temp license is required)		R 30.00	R.....
Total			R.....

Signature: **(Athlete or Parent/Guardian if minor)** **Date entered:** 2025/...../.....



GENERAL RACE INFORMATION – NMB UITENHAGE HUMAN RIGHTS RACE

1. Races will start at 06h00 (21.1km), 06h30 (10km) and 06h45 (5km) respectively.
2. The start is at the **Danie Gerber Sport Field, Despatch High School, Skool street, Despatch (NEW VENUE)**
3. 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.
4. Athletes must display the official race number on the front of the vest/tshirt and 2025 licence number on the front and back of the vest.
5. Race numbers contain a chip and must not be bent or folded.
6. 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.
7. 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.
8. Athletes must be at least 16 years or older for the 21.1km, 14 years or older for the 10km and 9 years or older for the 5km.
9. Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
10. The race committee reserves the right to accept or reject any entry.
11. Club Gazebo's are welcome; however, it is a school premises so no alcohol may be brought into the venue.
12. Entries may be handed in at Brian Bands, Sportsmans Warehouse or UD Sports in Uitenhage. Online entries are available on www.webtickets.co.za. The closing date for pre-entries will be at 14h00 on Wednesday 12 March 2025.
13. **Collection of race numbers (pre-entries) and late entries will be accepted at the EP Athletics office, Westbourne Oval, Westbourne Road between 16h00 and 18h00 on Thursday 13 March 2025, and at the venue between 16h00 and 18h00 on Friday 14 March 2025.**
14. **Race numbers can be collected from 05h00 on the morning of the event at the venue.**
15. The no seconding rule will apply for the 10km. Personal seconding on the 21.1km route at waterstations only, stand and hand rule applies.
16. All traffic Officials and marshalls must be obeyed.
17. The cut off time for the 21.1km is at 09h30 and 08h15 for the 10km.
18. There will be sufficient refreshment stations on the 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.
19. Full results will be available on www.epathletics.co.za.
20. The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
21. A finishers token will be awarded to all finishers.

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 – 15h00) or email epamanager@epathletics.co.za.

