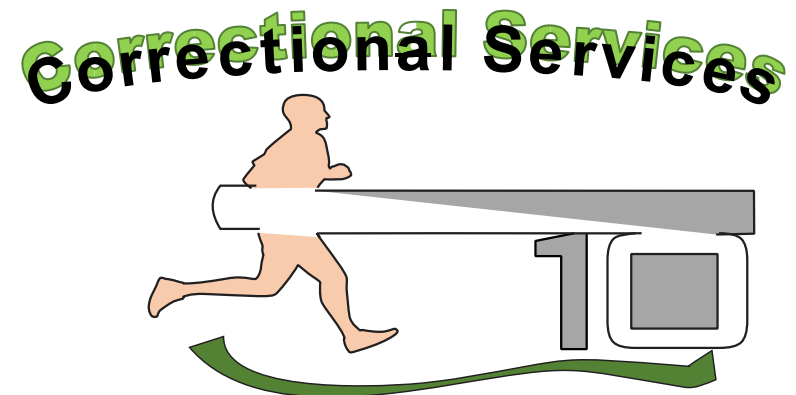


GENERAL INFORMATION

1. Start/Finish on the premises of St Albans Correctional Services Rugby Field.
2. Race Starting times: **07h00 am**
3. Race entries may be handed in at Brian Bands (Cape Road), Uitenhage at UD Sports, EPA offices and St Albans shop. Closing date for all Pre-entries on Wednesday 21 May 2025 at 16:30). Online Entries are available on www.webtickets.co.za
4. A receipt slip 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 14h00 until 18h00 on Friday 23 May 2025 at EPA offices and the morning of the race from 04h30 till 06h30 at St Albans Correctional Services Rugby field. All entries non- refundable.**
6. Cut of time: 100 minutes (08:40).
7. Lucky draw **prizes available** at prize giving.
8. **Athletes must be at least 14 years or older for the 10km.**
9. All runners run on the right-hand side of the road, facing traffic.
10. All traffic Officers & Marshals must be obeyed at all times.
11. Parking available at St Albans Correctional Services Rugby Field. Please follow Parking Marshalls instructions.
12. License Athletes must run in official club colours with 2025 licence numbers, on the front and back of the vest.
13. Unlicensed athletes must purchase a temporary licence to be worn on the front of vest or a plain T-shirt.
14. Temporary licensed runners are not covered by ASA Insurance Scheme, therefore temporary licenced runners are urged to join an affiliated club. Contact EPA for more information.041-374 2818.Completion of the tear-off strip compulsory.
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 front and back of your vest to be eligible for category prizes on race day and must be clearly visible.
17. There will be two refreshments stations at km at 3 & 7 km. Refuse bins will be provided up to 500m after the refreshment stations along the route. Please discard litter into these bins and not beyond the designated point.
18. The no seconding rule will apply.
19. The wearing of earphones & headsets is not permitted due to safety reasons and will lead to disqualification.
20. Race Organisers reserve the right to accept or reject any entry.
21. Gatherings are allowed before and after the race event, also Gazebos allowed.

22. I I undertake to yield at Traffic if I am still on the road 3 hours and 30 minutes.agree to NOT LITTER during the race, and accept disqualification if reported ?
- 23.

Online Entries at WEBTICKETS.CO.ZA



CORRECTIONAL SERVICES

10km Road Race

EPA Participation League Event

24 May 2025

Organized by: St Albans Athletic Club

Enquiries	John	072 020 9613
	Vuyisile	071 865 4050

Race starts at 07h00

Venue: St Albans Correctional Services, Old Cape Road, Greenbushes



ENTRY FORM

DISTANCE 10km

LICENCE NUMBER: _____

CLUB NAME IN FULL: _____

SURNAME: _____

FIRST NAME: _____

IDENTITY NUMBER: _____

DATE OF BIRTH: _____ Age: _____ Gender: M ☐ F ☐

Emergency Contact Name: _____

Emergency Contact Number _____

Email: _____

ENTRY FEE

10KM	R130-00	R
LICENCE ATHLETE 60 - 69	R60-00	R
LICENSE ATHLETES 70 -79	R00-00	R
TEMPORARY LICENSE	R50-00	
TOTAL		R

INDEMNITY/WAIVER

By entering this event, I undertake to be bound by the rules and regulations of the event including those of WA & 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 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 any 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 athletic 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 this indemnity/waiver on behalf of the minor.

Signature.....Athlete/Parent/Guardian

CATEGORY PRIZES

10 KM

		OPEN	JUNIORS	40-49	50-59	60-69	70+	
1 ST	Male/ Female	R650	R200	R220	R180	R160	R120	
2 ND	Male/ Female	R420	R150	R150	R120	R120	R100	
3 RD	Male/ female	R320	R120	R120	R100	R100	R100	

LUCKY DRAW PRIZES

Lucky draw prizes available during price giving.

THANK YOU IN ADVANCE FOR YOUR SUPPORT AND PARTICIPATION, 10
km SEE YOU ALL ON RACE DAY.

Road RACE START AT 07H00
Race OLD CAPE ROAD ST ALBANS CORRECTIONAL SERVICES



IMPORTANT NOTICE:

PLEASE NOTE THAT NO ALCOHOL IS ALLOWED ON PREMISES.
ALL CLUB GAZEBO'S ARE WELCOME AT DISIGNATED AREA.