

Festival of Running

Nelson Mandela Bay



#ChaseTheView
#ShareTheBay

sachet-free + eco-friendly
this is the second annual

Free shirt to the first
150 participants



Sat 19 ROAD

12h00 | R160

14h30 | R140

15h00 | R90

15h00 | R50

42.2km

21.1km

10km

5km

BEACH Sun 20

07h00 | R305

08h00 | R250

09h00 | R150

10h00 | R90

*the **best** Comrades training runs*

Participation league



The Festival of Running in
nelson mandela bay
MUNICIPALITY

Entry Form: Festival of Running 2025

Full name: _____ Birth date: _____

ID#: _____ Age on race day: _____

Club (in full): _____ License #: _____

Club colors must be worn.

If you aren't a club member, you need a temp license for road 10, 21.1, & 42.2km events.

Gender: _____ Mobile#: _____

Email: _____

Emergency contact name/Number: _____

Please indicate clearly your chosen event(s) & whether you require a temporary license (road events for all athletes without an ASA club) & water bottle

- c 42.2km ROAD: R160 - 12h00 noon start / 6hr cutoff / 20yrs age limit
- c 21.1km ROAD: R140 - 14h30 start 3hr30 cutoff / 16 years age limit
- c 10km ROAD: R90 - 15h00 start / 2hr cutoff / 15years age limit
- c 5km fun run ROAD: R50 - 15h00 start / 1hr cutoff / 9 yrs
 - c Temporary license R50
 - c Water bottle R100ea
- c 42.2km BEACH: R305 - 07h00 start / 6hr cutoff / 20yrs age limit
- c 21.1km BEACH: R250 - 08h00 start 4hr cutoff / 16 years age limit
- c 10km BEACH: R150 - 09h00 start / 3hr cutoff / 15years age limit
- c 5km fun run/walk BEACH: R90 – finish by 13h00

TOTAL: R _____

Indemnity & Waiver:

By entering this event I undertake to be bound by the rules & regulations of the event including those of World Athletics & ASA. I warrant that I am in good health & aware of the risks & dangers of the physical nature of this sporting event, & do not claim ignorance of these risks & dangers. I hereby accept that I participate in the event entirely at my own risk & I release & discharge, to the fullest extent allowed in law, the organizers of the event, property owners, all sponsors, persons & organizations assisting in the staging of the event, provincial & national athletics bodies & 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- & post-race activities. I further agree & 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 & will not be distributed to any third party.

Immediate disqualification: Anybody reported littering. Anybody finishing after 5pm without suitable reflective gear (visible front & back) will be disqualified. Seconds interfering with another runner will result in their runner (or team) being disqualified.

Minor release: I, the minor's parent &/or legal guardian, understand the nature of athletic activities & the minor's experience & capabilities & believe the minor to be qualified, in good health, & in proper physical condition to participate in such activity & I enter into this Indemnity/waiver on behalf of the minor.

Signature (guardian if minor): _____ Date: _____

or enter at www.wildebeestrun.co.za/enter

General information: Festival of Running

Packet pick up & Late entries:

- Collecting time is 19 April at Cow's Corner from 10h00 to 30min prior to your race start (road/beach runs), or from 06h00 on 20 April for the Beach run. You are responsible for timely collection.
- Please provide proof of payment for pre-entries.
- Late entries on the day will be subject to a R50 charge. No cash!

Parking & Road restrictions & Seconding

- No parking will be allowed in Elephant Walk or Cows Corner. Cows Corner will be a one-way kept clear for safety. The main route may be one way only.
- Parking will be available in Seaview Road, Kragga Kamma Road & a small portion of De Stades Road.
- Please respect the marshals, volunteers, & land owners as they direct your parking to keep channels & roads open & safe for ALL road users. Arrive early to ensure your parking spot
- Personal & team seconds will be allowed & must obey all road rules, & relevant WA rules. Seconds may not mule for athletes, nor may they inhibit other athletes on pain of their athlete being disqualified and possible prosecution.

The start & finish areas:

- These are reserved for runners wearing official race numbers visible on the front of their running vests, & temporary licenses on the back.
- The marathon, 5km, & 10km events will start off of the corner of Doorly & Seaview Roads.
- The 21.1km will start off the corner of Seaview & Lower Seaview Rds.
- All events finish through Cows Corner toward Doorly Road.

Prize Giving:

- There are no monetary prizes for runners who "place".
- A Lucky Draw Prize Giving where available place winners will be acknowledged will be held at 17h15 at the finish (subject to conditions)

Tog Bags:

- There will be no dedicated areas for these. Please have supporters or safe places to store your goods.

Reflective gear:

- It is a requirement that you wear reflective gear from 5pm onward! Those finishing after 5pm without significant reflective gear will be disqualified (no correspondence will be entered into). This is for your safety & that of other road users. These will be provided at the last 3 water points to those without.



Sachet-free & plastic-conscious event

- It is our joint duty to manage our relationship with each other & Earth. We are a sachet-free race. Water stations every 3km will have refill options.
- We encourage you to carry your own bottle or cup. If you don't have, you can buy one when you enter or on the day (stock availability depending by organizers and the local stores).
- We will not provide medals, except to those that pre-order. Medals & their wrapping are often cause of great litter after a race, & once the memories fade. Please pre-order!

Route Descriptions



- Start 5, 10, 42.2km at Cow's Corner
- Start 21.1km
- Turn 42.2km
- Turn 5km
- Turn 10km

The profile of all distances is hilly. It is designed to build strength so you can improve your durability. This is especially helpful for those training for Comrades to build strength. This is an experience race, not a “personal best” route. Approach it with this in mind & try to run your race with mates on an “even effort” between the first & second half.

Marathon runners, note the “kink” in Seaview! You wish walk that little hill. For the run you will have 847m elevation gain/loss This out ‘n back loop is scenic taking in some of Nelson Mandela Bay’s most pristine forest & coastline areas.



Half Marathon: 21.1km, 419m elevation gain/loss. & what starts as a fast, flowing downhill for the first 6km. Don't worry: things will change. Through to Beachview is the only flat section for your recovery pleasure, & then its a warm up hill over to Maitlands. Save energy through this 9km climb, including the 3 sisters & you'll make that sprint finish on Cow's Corner.



10km: 202m elevation gain/loss Usually a fast distance to run, the 3-sisters hills going down to the turn will sap your energy if you run too hard. & the views will distract you! And its the uphill version back home. If you run smart, sprint finish!



5km: 92m elevation gain/loss Take it easy, have fun, spot the Easter Bunny!



More details & GPX available on www.wildebeestrun.co.za. Scan here: