

Motherwell
FREEDOM **RUIN**

10km & 5km

Prize money for 10km - Men & Women (To be paid via EFT)

	1 st	2 nd	3 rd	4 th	5 th
Open	R5000	R3000	R1500	R 750	R500
Junior	R1000	R 500	R 300		
35 – 39	R1000	R 500	R 300		
40 - 49	R1000	R 500	R 300		
50 – 59	R1000	R 500	R 300		
60 - 69	R1000	R 500	R 300		
70 +	R1000	R 500	R 300		



Prize vouchers for top 3 male and female in 5km event.

DIRECTIONS TO THE START FROM BLUEWATER BAY





nelson mandela bay
M U N I C I P A L I T Y



10km & 5km

Saturday 26 April 2025

10km Starts at 07h00

5km Starts at 07h20

**Raymond Mhlaba Sport Centre
Motherwell**

Organized in accordance with the rules of ASA and EPA

EPA Participation and Prestige League

EPA 10km Championships

T-Shirts available to the first 150 entries received for the 10km

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





ENTRY FORM

Tick appropriate block:

Licence No Province: 10km 5km

Club in Full: _____

Surname: _____ Name: _____

ID No : _____ Passport No. _____
(If non-SA)

Nationality: _____

Date of Birth: ____/____/____ 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 acknowledge 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

Licensed Athletes (65+ Athletes R60.00)	R 120.00	R.....
Junior Athletes (born after 31 December 2005)	FREE	
Temporary License	R 50.00	R.....
5km Fun Run – no temp license required	R 30.00	R.....
Total		R.....

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





GENERAL RACE INFORMATION – 2025 MOTHERWELL FREEDOM RUN

1. 10km Race will start at 07h00 and the 5km event at 07h20.
2. The start is at the Raymond Mhlaba Sport Centre in Motherwell.
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/tshirt.
5. Athletes who are not licenced members of a club affiliated to ASA must purchase a temporary license to be worn on the back of vest or plain colored T-shirt, with the official race number on the front of the vest/T-shirt.
6. **Age category tags** must be worn on front and back of your vest if you wish to qualify for category prizes and be clearly visible on the vest/shirt. Athletes may be requested to provide proof of age on race day.
7. Athletes must be at least 14 years or older for the 10km and 9 years or older for the 5km.
8. Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
9. The race committee reserves the right to accept or reject any entry.
10. Entries may be handed in at Brian Bands, Sportsmans Warehouse or UD Sports in Uitenhage. The closing date for pre-entries will be at 14h00 on Wednesday 23 April 2025. Online entries are available on www.webtickets.co.za until 22h00 Tuesday 22 April 2024.
11. **Collection of race numbers (pre-entries) and late entries will be accepted at the EP Athletics office, Westbourne Oval, Westbourne Road between 14h00 and 18h00 on Friday 25 April 2024.**
12. **Race numbers can be collected from 06h00 on the morning of the event. Late entries will be accepted between 06h00 and 06h45. Card facilities available.**
13. **5km Entrants are requested to be at the venue before 07h00 to eliminate traffic issues.**
14. Race numbers contain a timing chip and must not be bent or folded.
15. The no seconding rule will apply for the 10km.
16. All traffic Officials and marshals must be obeyed.
17. The cut off time for the 10km is at 08h45.
18. There will be sufficient refreshment stations on the 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. Medals will be awarded to all finishers and is part of the Legacy Project puzzle collection.
22. All prize monies will be paid via EFT.
23. Club Gazebo's are welcome, but the Prize giving will be held at 08h45 in the main hall. Athletes are requested to wear club clothing at Prize giving.
24. All pavements are out of bounds.
25. Please follow parking marshals' instructions.
26. For more information, contact Michael Mbambani on 079 149 6796 or EPA on 041 374 2818.

