

makro



10km Road Race & 5km Fun Run

THIS IS AN EPA PARTICATION LEAGUE EVENT



makro

05 JULY 2025

Starting Times:

10km - 07:00am

5km - 07:10am

VENUE: Makro Gqeberha, 735 Cape Road, Bridgmead

ORGANIZED BY: ELITE Athletics Club \ OA FOUNDATION

ENQUIRIES -

Errol 081 289 7235

Peter 083 341 3004

Janine 071 602 7266



CATEGORY PRIZES

	GENDER	OPEN	35-39	40-49	50-59	60-69	70+	JUNIOR
1	Female/Male	R700	R350	R350	R350	R350	R350	R350
2	Female/Male	R500	R250	R250	R250	R250	R250	R250
3	Female/Male	R400	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

RYOBI



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	R100-00	R
5K	R50-00	R
LICENCE ATHLETE 60+ & JNRS	R50-00	R
TEMPORARY LICENCE FOR 10KM	R50-00	R
TOTAL		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, Bridgemed.
- 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 02 July @ 16:00. Online entries closes on the evening of 01 July 2025.
- 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 18h00 on Friday 04 July 2025 at Makro Gqeberha store and the morning of the race from 05h00 till 06h30 at the Makro Gqeberha store. All entries non-refundable
- 6.Cut of time: 100 minutes (08:40). Prize giving at 09:00am. All 10km runners 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. Unless otherwise directed by Marshall or 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 2025 licence numbers on the front and back of the vest. All prize winners must wear their official club colours during the prize presentation.
13. Unlicensed athletes in the 10km event must purchase a temporary licence to be worn on a plain vest or 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 two water point. 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 is allowed before and after the race event. Gazebo allowed in designated parking area

webtickets
your tickets your way

Online entries at **WEBTICKETS.CO.ZA**
(Closing **TUESDAY EVENING 01 JULY 2025**)

