



10 KM & 5 KM DESPATCH ROAD RACE

Organized by Despatch Athletics Club

**WIN! R4000 FOR FIRST ATHLETE TO BREAK
10 KM ROUTE RECORD IN BOTH GENDER CATEGORIES!**

EPA Prestige and Participation League Event



Saturday
30 Augustus 2025



Despatch SUPERSPAR
Dr Rabie Street



10 KM: 07h00
5 KM Family Run: 07h15

10 KM: SPECIAL EDITION MEDALS

Lucky Draw Prizes

10 KM: 2 x R 1 000 Despatch SUPERSPAR Vouchers

1 x R 500 Despatch SUPERSPAR Voucher

5 KM: Mountain Bike Lucky Draw



ENTRY FORM

ENTRANT INFORMATION

Licence Number	
Club/School <i>(write in full)</i>	
Surname	
First Name	
Tel / Cell No.	
Gender	
Date of Birth	
Age <i>(on day of the race)</i>	
ID Number	

EMERGENCY CONTACT

Name	
Tel / Cell No.	

10 KM

5 KM

<input type="checkbox"/> Entry	R 120	<input type="checkbox"/> Entry	R 50
<input type="checkbox"/> 70 Years or Older	Free		
<input type="checkbox"/> Temporary Licence	R 50		

Total	R
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By entering this event I undertake to be bound by the rules and regulations of the event including those of WA and 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 organizers of the event, 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;

I agree NOT to litter during the race and accept disqualification, if reported for doing so? YES

Signature of Athlete
Signature of Parent/Guardian <i>(if under 18 years)</i>

» **RULES & GENERAL INFORMATION**

- Athletes must run in official club colours with 2025 licence numbers on the front and back of the vest and official race number on the front of the vest.
- 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.
- Temporary licenced athletes are not covered by ASA group insurance and are encouraged to join an athletics clubs.
- Race numbers will contain a chip and must be clearly visible at the finish line. DO NOT bend the envelope.
- Age category tags must be worn on front and back of your vest if you wish to qualify for category prizes.
- Prize winners may be requested to provide proof of age.
- Wearing of earphones are not allowed and may lead to disqualification.
- The race committee reserves the right to accept or reject any entry.
- The Prize Giving will commence at 08h45. Prize Winners to be on their club colours (tracksuits / running apparel) and may be requested to provide proof of age.
- Entries may be handed in at Brian Bands, SuperSpar Despatch, Klinikare Despatch, or UD Sport in Uitenhage.
- The closing date for pre-entries will be Wednesday, 27 August 2025, at 12h00.
- Full results will also be posted on www.epathletics.co.za.
- No Alcohol may be brought onto the premises.
- Collection of race numbers (pre-entries) will be available at the Despatch SuperSpar on Friday, 29 August 2025, between 18h00 and 19h30. Late entries will also be available.
- Collection of numbers and late entries will be available at the race venue from 05h30 until 6h30 on the morning of the race.
- Entry fees are non-refundable.
- The no seconding rule will apply. No private vehicles will be allowed on the route to second athletes.
- There will be three refreshment stations on the 10 KM route and one refreshment station on the 5 KM route. Please support the Anti-littering campaign. Refuse bins will be provided along the route.
- Please discard used water sachets into or near to these bins. Littering is an offence and may lead to disqualification.
- A receipt slip may be required in the case of any discrepancy with pre-entries.
- Organised in accordance with the rules and regulations of ASA and EPA.



**Scan QR Code
to Enter Online**

*Online entries are available on
www.webtickets.co.za and will
close on Wed, 27 Aug 2025.*

» PRIZE WINNERS

10 KM Road Race

Competitors must be 14 years of age or older on race day. The race starts at 07h00.

The official cut off time is 08h40.

5 KM Family Run

The 5 KM Family run starts at 07h20. Cut off time is at 08h40. Race numbers must be attached to vest or T-shirts and be visible at all times. Competitors must be 9 years or older.

Medals

Medals to ALL finishers.

Lucky Draw Prizes

All entrants are eligible and must be present to win!

Route Record

There's R4000 up for grabs for the first athlete who breaks the route record in their gender category!

Men - 29:42

Women - 36:52

CATEGORIES	1ST	2ND	3RD
10 KM Open Male/Female	R 500	R 300	R 200
10 KM Junior Male/Female	R 500	R 300	R 200
10 KM Male/Female 40 - 49yrs	R 500	R 300	R 200
10 KM Male/Female 50 - 59yrs	R 500	R 300	R 200
10 KM Male/Female 60 - 69yrs	R 500	R 300	R 200
10 KM Male/Female 70+yrs	R 500	R 300	R 200

ENQUIRIES

For further information on the event, contact	Yvette	073 507 9042
	Helgard	084 606 5601



PRIZE MONEY SPONSORS

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