



web tickets

CRUSADERS
ATHLETIC CLUB

Crusaders 10km Race

THIS IS A PARTICIPATION LEAGUE EVENT



Date: 11 October 2025

Starting Time: 07H00 (10km) & 07H15 (5km)

Start & Finish: African Sky's

120 Nassau Road, Theescombe, Port Elizabeth

**FREE T-Shirts to the 1st 200 Online entries received for 10km
5km & 10km entries can purchase T-Shirt Online**

HOSTED BY:

Crusaders Athletic Club In accordance with the rules of ASA and EPA



ENTRY FORM

Please tick the appropriate box:

MALE	FEMALE

License Number: _____

Temporary Number: _____

Club in Full: _____

First Name: _____

Surname: _____

ID Number: _____

Date of Birth: _____ Age on Race Day: _____

Contact No: _____

EMERGENCY CONTACT: _____

EMERGENCY CONTACT NO: _____

	ENTRY FEE	TEMPORARY LICENSE	TOTAL
Licensed Athletes – 10km	R120		
Unlicensed Athletes – 10km	R120	R50	
Licensed Athletes 60 + - 10km	R60		
Licensed Juniors – 10km	R60		
5km	R50		

INDEMNITY/WAIVER

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 the physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in this 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 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, cause, 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.

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 proper physical condition to participate in such activity and I enter this indemnity/waiver on behalf of the minor.

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

SIGNATURE (Parent or Guardian if Minor)

DATE

LUCKY DRAW PRIZES

Winners must be present at the draw to receive a prize. **All entrants qualify for lucky draw prizes.**

10KM PRIZE MONEY

Position	Male/ Female	Male/ Female	Male/ Female	Male/ Female	Male/ Female	Male/ Female	Male/ Female
	Open	40 - 49	50 - 59	60 - 69	70 - 79	80+	Junior
1	R750	R400	R400	R400	R400	R400	R400
2	R500	R300	R300	R300	R300	R300	R300
3	R300	R200	R200	R200	R200	R200	R200

5KM PRIZE MONEY

Position	Male/Female
1	Voucher
2	Voucher
3	Voucher

All prize money will be paid by EFT. Winners need to complete bank detail slips at the finish.

MEDALS

All finishers 10km and 5 km will receive a medal

10KM ROUTE MAP



PARKING

NO PARKING is allowed inside or in front of the venue. Parking will be on Sonop Street Road (behind the venue). Parking will be clearly indicated and there will be a walkway to the start/finish.

ONLINE ENTRIES www.webtickets.co.za - Online entries close on Tuesday 7th October 2025
GENERAL INFORMATION AND RULES

Entries can be done at Brian Bands, Action Sports Summerstrand and UD Sports Uitenhage (Kariega). Entries at Sports shops close on Tuesday 7th October at 17H00.

1. Registration and late entries at the **Crusaders Club (St. Georges Cricket Stadium, Park Drive) on Friday** the 10th of October 2025 from 16H00 to 19H00 and from 05H30 to 06H30 on **Saturday morning at African Sky's**.
2. PROOF OF PAYMENT MAY BE REQUESTED, please have it handy.
3. Official ASA licence number to be worn on the front and back of the vest and the official race number placed over the licence number on the front of vest. The race number contains a chip and must under no circumstances be folded.
4. Registered athletes must run in their official Club colours.
5. Non-registered runners will receive one Temporary licence number to be worn on the back of their running shirts. Race number on front of shirt. Temporary licence holders must wear a plain t-shirt or vest.
6. Age category identification must be clearly visible on the front and back of running vests to be eligible for prizes. Runners who are wearing temporary licences must wear a category age tag and present proof of age on race day to qualify for age-category prizes.
7. The race is run following ASA and EPA rules.
8. Cut-off time: 110min. No timing for the 5km event. Prizegiving will be at 09H15. Prize winners must be dressed in their club colours during the award presentation.
9. PLEASE DO NOT DRIVE ON THE ROUTE.
10. Toilet facilities are available at Start/Finish.
11. Participation in wheelchairs, prams, baby joggers or running with animals is not permitted.
12. Disabled or blind runners are to be accompanied and may only make use of guides who have officially entered the event.
13. Tog bag storage facility and safe key storage are available at the start venue.
14. No personal seconding is allowed.
15. Refuse bins will be provided along the route. Please discard used water sachets in or near these bins.
16. Registered athletes are covered by a group personal accident insurance scheme. Details may be obtained from your club/province.
17. Temporary licensed athletes are **NOT** covered by the ASA Insurance Scheme and are urged to join an affiliated club. Completion of the tear-off strip is compulsory.
18. Competitors must be **14 years of age** on the race day for 10km & **9 years of age** for 5km.
19. Race Officials and Marshals are always to be obeyed. Run on the right-hand side of the road unless instructed otherwise by a Marshal.
20. **The wearing of earphones or headsets is prohibited and will lead to disqualification.**
21. No alcohol will be allowed to be brought onto the premises.
22. Food and refreshments will be on sale at the venue.
23. Full results will be available on www.epathletics.co.za
24. As part of our giving back to community, we are having a collection of bread tags & plastic bottle tops – bring them along – we will have 2 boxes for them.

General Enquiries: Aletta Joubert

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