



IN PARTNERSHIP WITH



Participation and prestige league race

BAY RUN NMB



04 October 2025



Cape Recife High School



21km
06:00

10km
06:15

5km
06:05

ENTER ONLINE & WIN

**R2500
CASH**

LUCKY DRAW PRIZE!



nelson mandela bay
MUNICIPALITY



Tick the appropriate block: 21.1km (06h00) 10km (06h15) 5km (06h05)

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Licence No :

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Province:

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(21.1km and 10km)

Club in Full: _____

Surname: _____ Name: _____

ID No

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

Date of Birth:

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Age:

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Cell no:

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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 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, 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 into this Indemnity/waiver on behalf of the minor.

Entry Fee

21.1km	(60+ Athletes R140.00)	R200.00	R.....
10km	(60+ Athletes R80.00)	R 120.00	R.....
5km		R 70.00	R.....
Temporary License	(N/A for the 5km)	R 50.00	R.....
Total			R.....

Signature:(Parent or Guardian if minor)

Date entered: 2025/...../.....

GENERAL RACE INFORMATION

- 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.
- Online entries are available on www.webtickets.co.za until 24h00, Tuesday 30th September 2025.
- **Entries can be submitted to Brian Bands Sports in Cape Road, UD Sports in Uitenhage. Closing date for entries will be Wednesday 1st October 2025.**
- The race committee reserves the right to accept or reject any entry.
- **Collection of race numbers** and late entries will be available from the home of 32Gi athletics club, Wembley Tennis Club, McCoy Road, Mill Park, Port Elizabeth, on Friday the 3rd of October 2025 between 12h00 and 19h00 and at the start of the event at Cape Recife High school from 05h00 until 05h45 on race day.
- **Late entries will be limited on Saturday up to 5:45 but will incur a R20 late entry fee**
- Entry fees are non-refundable. A receipt/proof of payment may be required in case of any discrepancy with pre-entries.
- All traffic Officials and marshals must be obeyed.
- The wearing of earphones or headsets is not permitted due to safety reasons and may lead to disqualification.
- Medals will be awarded to the 1st 2000 finishers only.
- **21.1km race will start at 06h00, 5km will start at 06h05, the 10km will start at 06h15** from 58 Admiralty Way, Summerstrand, Gqeberha, 6001. The minimum age for the 21.1km is 16 years, 14 for the 10km and 9 years for the 5km, unless accompanied by a parent.
- **The cut off time:** the 21.1km 09h30 (3 ½ hrs), 10km is at 08:20 (2 hrs). There is no cut off for the 5km race.
- **Club gazebos** are welcome and encouraged. Clubs must collect an entry permit at Registration for parking.
- **Athletes must wear 2025** licence numbers on the back on front of the vest/shirt, with the official race number on the front over the licence number.
- Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the back of the vest.
- **Age category** tags must be visible on front and back of your vest if you wish to qualify for category prizes. Athletes may be requested to provide proof of age on race day.
- Prize giving for the 10km will be at 08h20, 21km at 09h30. Athletes are required to wear club colours for the podium
- The main lucky draw prize of R2500 cash will be exclusive to online entries only.
- There will be food vendors for your convenience. Please show your support.
- Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
- Athletes must run always facing traffic, unless instructed otherwise by a marshal.
- By entering the race, you agree that Discovery vitality and 32Gi make use your information for marketing purposes, should you wish not to be contacted or have your information shared please tick the box ☐
- **No personal seconding (vehicle or bicycle) will be allowed on the route.**
- Refuse bins will be placed every km and up to 500m after the water stations. Please discard all litter (sachets/bottles/cups/other) into the bins provided and not beyond the designated points. **DO NOT DROP your litter on the floor.** Disposing litter outside the demarcated zone may result in disqualification.

INFORMATION

For more information, contact Jonathan Mandell (083 414 2624), or EP Athletics (041 3742818)





PRIZE MONEY

PRIZE MONEY FOR 21/10KM MEN AND WOMEN

21KM	1st	2nd	3rd
OPEN	1200	800	550
35-39	450	350	250
40-49	450	350	250
50-59	450	350	250
60-69	450	350	250
70+	450	350	250
10KM	1st	2nd	3rd
OPEN	400	300	200
35-39	300	250	150
40-49	300	250	150
50-59	300	250	150
60-69	300	250	150
70+	300	250	150
JUNIOR	300	250	150