

## Prize Money

Category 15km	1st	2nd	3RD	Team
Open Male/Female	R1000	R750	R500	4 X R200 *
Junior Male/Female	R400	R300	R200	4 X R100*
35-39 Male/Female	R400	R300	R200	Team Prize would only be paid to the first team in full club colors
40-49 Male/Female	R400	R300	R200	
50-59 Male/Female	R400	R300	R200	
60-69 Male/Female	R400	R300	R200	
70-79 Male/Female	R400	R300	R200	
80+ Male/Female	R400	R300	R200	
<b>TOTAL PRIZE MONEY</b>	<b>R19 200</b>			

Category 5km	1st	2nd	3RD
Gift Voucher	R200	R150	R100
Prize money for 5km is only for finishers under 14 years on the race day			



**SCAN CODE TO ENTER  
THE RACE.**

**#NO MORE TURNING BACK**

Online Entries are available on  
[www.entryninja.com](http://www.entryninja.com)

**Athletics Club**  
NO MORE TURNING BACK  
EST. 2021

This is an EPA Participation League Event organised by  
Sibaleka Nani Athletics Club



# FOREST RUN CHALLENGE

**15KM**  
(07:00)

**5KM**  
(07:05)

**SAT, 14 JUNE 2025**

**SANDEF ARMY BASE, FOREST HILL SPORT GROUNDS,  
WILLOW DRIVE, GQEBERHA**



**aQuellé**



# FOREST RUN CHALLENGE 2025

## ENTRY FORM

Tick the appropriate block: ☐ 15km (07h00) ☐ 5km (07h05)

Licence No: \_\_\_\_\_ Province: \_\_\_\_\_

Club/ School 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 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, an 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.

Signature : \_\_\_\_\_ (Athlete / Parent or Guardian if minor) Date entered: 2025/\_\_\_\_\_/\_\_\_\_\_

ENTRY FEES			
<b>15KM</b>		<b>5KM</b>	
Licence Athletes	R140.00	Entry Fee	R50.00
Unlicensed Athletes	R190.00		

I agree NOT to litter during the race and accept disqualification if reported for doing so? Yes \_\_\_\_\_

Signature: \_\_\_\_\_

### RULES

#### 15KM

- Online Entries are available on [www.entryninja.com](http://www.entryninja.com) and will close on Wednesday 11 June 2025 at 23h00 (**goodie bags to first 100 online entries for 15km race**)
- Race organized in accordance with the rule and regulations of ASA and EPA
- Minimum age for 15km on day of race is 15 years old.
- 15km Race Start at 07h00. 5km Fun Run Start at 07h05
- Cut-off time for 15km is 2 hours 30 minutes (9h30).
- Athletes must run in official club colors with 2025 license numbers on the front and the back of the vest and official race number on the front of the vest (if provided)
- Athletes who are not licensed members of a club affiliated to ASA must purchase a temporal license to be worn on the back of the vest or plain colored T-shirt, with official race number on the front of the vest/T-shirt
- Age category tags must be worn on the front and the back of the vest if you wish to qualify for the category prizes. Athletes may be requested to provide proof of age. Prize Winners must be dressed in their club colors (tracksuit/race apparel) during presentation.
- 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 09h15
- Manual entries may be handed in at Brian Bands Cape Road & UD Sports in Kariega. The closing date for pre entries will be Wednesday 11 June 2025 at 17h00. Full race Results will be posted on [www.epathletics.co.za](http://www.epathletics.co.za)
- Please support the anti – littering campaign and only discard sachets into or near bins provided along the route. Littering is an offence and may lead to disqualification.
- Collection of Race Numbers and late registration will be on Friday 13 June 2025 at SANDF Army Base Sports Ground from 16h00-18h00 and the morning of the race from 05h00-06h45.
- The no seconding rule will apply. No private vehicles will be allowed on the route to second athletes.
- There will be water point at every 3km mark for 15km and 2.5km for 5km
- A receipt may be required in the case of any discrepancy with pre entries.
- No refunds for race entries.
- Prize Money will be paid by EFT within 48 hours on receipt of winner's bank details.

#### 5km Fun Run/Walk

The 5km run/walk will start at 07h05. Cut off time 08h45. Race Numbers must be attached to the vest or T-shirt and be always visible. Competitors must be 9 years and older.

#### Medals

Gold Medals to the first 5 men/females in 15km. Silver Medals to Next 5 men/females in 15km and bronze medals to all finishers of 15/5km respectively.

#### Lucky Draw Prizes

ALL Entrants are eligible and must be present to win

**ENQUIRIES:** For further information on the event, contact Ms. Tutu Mlambo (073 709 3708) and for emergencies call Selby Thabethe (076 888 3589) WhatsApp (072 341 5660)