

ENTRY FORM

Tick the appropriate block:

42.2km (05h30)	21.1km (05h45)	10km (05h45)	5km (07h30)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Licence No:

Province:

Club in Full:

Surname:

Name:

ID No

Passport No.

(If non RSA)

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 guarantee 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 this Indemnity/waiver on behalf of the minor.

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

ENTRY FEES			
42.2km	(60-79 Athletes R130.00) (80+ Athletes enter free of charge)	R260.00	R.....
21.1km	(60+ Athletes R100.00) (80+ Athletes enter free of charge)	R 200.00	R.....
10km	(60+ Athletes R60.00) (80+ Athletes enter free of charge)	R 120.00	R.....
5 km		R 50.00	R.....
Additional Late Entry Fee (Saturday morning only 42.2/21.1/10km)		R 30.00	R.....
Optional T-shirt purchase (Size:.....)		R200.00	R.....
Temporary License (not required for 5km)		R 50.00	R.....
Total			R.....

Signature: (Athlete, Parent or Guardian if minor)

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

GENERAL RACE INFORMATION

- Organized 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.
- 42.2km will start at 05h30 from the Baywest Mall, Entrance 4. The 21.1km and 10km race will start at 05h45 and the 5km offroad run at 07h30.
- Athletes are requested to ensure that they access parking from the Baywest Mall Entrance 2 or 3.
- Online entries are available on www.webtickets.co.za and manual entries can be submitted to Brian Bands Sports in Cape Road Sportsmans Warehouse and UD Sports in Uitenhage. Closing date for entries will be 20h00 on Sunday 30 November 2025.
- A free commemorative T-shirt will be given to the first 400 online entries received for the 21km or 42.2km event, 10km and 5km athletes, as well as entries for the 21.1/42.2km beyond the 400 may purchase a T-Shirt. T-shirt sales close Sunday 30 November. T-shirts will be available at Race number collection.
- The race committee reserves the right to accept or reject any entry.
- Collection of race numbers and late entries will be available from Baywest mall Centre court on Friday 5 December 2025 between 13h00 and 19h00 and from 04h30 on the morning of the event.
- LATE ENTRIES ON THE MORNING OF THE EVENT FOR THE 42.2KM/21.1KM AND 10KMWILL BE AVAILABLE AT AN ADDITIONAL R30 ADMIN FEE.
- The race committee reserves the right to accept or reject any entry.
- Road race entries will be limited to 2300; the 5km is capped at 300.
- Race numbers will contain a chip and must be clearly visible at the finish line.
- Entry fees are non-refundable, and no substitution will be allowed on race day.
- 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.
- The minimum age is as follows: 42.2km ≥ 20 years / 21.1km ≥ 16 years / 10km ≥ 14 years / 5km ≥ 9 years.
- The cut off time will be at 11h30 for the 42.2km (6 hours), 09h15 for the 21.1km (3 ½ hours) and 07h30 for the 10km.
- 42.2km athletes that have not reached the 25km mark by 09h15 will be requested to abort the race.
- No personal seconding will be allowed the first 18km of the marathon route. Thereafter, seconding will be permitted within 100m of either side of the refreshment stations. Please consider the safety of athletes and travel swiftly from one point to another without stopping. Seconding may not be conducted from any vehicle; stationery or moving and seconds may not run beside an athlete at the seconding stations.
- Personal seconding (vehicle or bicycle) will NOT be allowed on the 21.1km/10km route due to traffic congestion.
- EPA Championship medals will be awarded to the top 3 EPA licenced athletes in each age category for the marathon.
- 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.
- Club gazebos are welcome in the designated area at Entrance 4. Please collect a parking disk from registration.
- No alcohol may be brought onto the premises. Please support the food vendors and restaurants in the mall.
- Athletes must wear 2025 licence numbers on the back and front of the vest/shirt, with the official race number on the front partially covering 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 a plain-colored vest/t-shirt. (not applicable for the 5km)
- Prize giving will be held at 08h00 for the 10km, 09h30 for the 21.1km, and 11h00 for the 42.2km. Athletes must be dressed in their official club colours.
- Lucky draws will be available to all participants at the 11h00 prize giving held at Centre court.
- Prize monies will be paid via EFT within 7 days of the event.
- Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
- Please obey parking marshals.
- Athletes must run always facing traffic, unless instructed otherwise by a marshal.
- Refuse bins will be placed 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 THROW YOUR LITTER INTO THE BUSH. If need be, keep it with you until the next bin.
- Disposing litter outside the demarcated zone may result in disqualification.

INFORMATION

For more information, contact Michael Mbambani (079 149 6796), Irene van Eeden. (083 299 1775) or EP Athletics (041 3742818)



PRIZE MONEY

Marathon Prize Money - Men and Ladies							
Position	Open	35-39	40-49	50-59	60-69	70+	
1	R10 000	R2 000	R2 000	R2 000	R2 000	R2 000	
2	R6 000	R1 500	R1 500	R1 500	R1 500	R1 500	
3	R3 500	R750	R750	R750	R750	R750	
4	R2 500						
5	R1 500						
21.1km Prize Money - Men and Ladies							
Position	Open	Junior	35-39	40-49	50-59	60-69	70-79
1	R2 500	R750	R750	R750	R750	R750	R750
2	R1 500	R500	R500	R500	R500	R500	R500
3	R750	R250	R250	R250	R250	R250	R250
10km Prize Money - Men and Ladies							
Position	Open	Junior	35-39	40-49	50-59	60-69	70-79
1	R1 000	R500	R500	R500	R500	R500	R500
2	R750	R350	R350	R350	R350	R350	R350
3	R500	R250	R250	R250	R250	R250	R250

Age category tags must be clearly visible on front and back of the vest to qualify for prize money.

EVENT T-SHIRTS

A free commemorative T-shirt will be given to the first 400 online entries received for the 21km or 42.2km event. 10km and 5km athletes, as well as entries for the 21.1/42.2km beyond 400 may purchase a T-shirt. T-shirt sales close Sunday 30 November. T-shirts will be available at Race number collection (Point 6)

MEDALS

Medals will be available to the first 1000 finishers in the 42.2km, 800 for the 21.1km, 500 for the 10km and 300 in the 5km.

DIRECTIONS TO THE START

Drive up Old Cape Road or N2 towards St Albans and take the Baywest Boulevard turnoff Parking is available at entrance 2 and 3. Start and finish will be at Baywest mall entrance 4.

ROUTE

The 42.2km will follow a circular route through Sherwood, Lorraine, Colleen Glen, and Greenbushes, with the last 9km along Cape Road back to Baywest mall. The 21.1km and 10km route will be an out and back route along Cape Road starting in the opposite direction as the marathon. The 5km route is an offroad route on the Baywest Trail. The routes will be available on the EPA website.

No personal seconding will be allowed the first 18km of the marathon route. Thereafter, seconding will be permitted within 100m of either side of the refreshment stations. Please consider the safety of athletes and travel swiftly from one point to another without stopping. Seconding may not be conducted from any vehicle; stationery or moving and seconds may not run beside an athlete at the seconding stations.

No personal seconding will be permitted on the 21.1km or 10km route.



SATURDAY 6 DECEMBER 2025

EPA Participation & Prestige League
Incorporating EPA Marathon Championships

→ **42.2km - 05h30**
→ **21.1km - 05h45**
→ **10km - 05h45**
→ **5km - 07h00**

GREAT LUCKY DRAWS TO BE WON!!!

Venue: Baywest Mall Entrance 4
Two Oceans and Comrades Qualifiers
Parking accessible from Entrance 2&3