

EPA Participation League



nelson mandela bay
MUNICIPALITY

NMB GQEBERHA

50
KM

ULTRA

10KM

Comrades and Two Oceans Qualifier



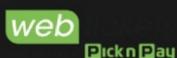
 Saturday 1 February 2025

 Pollock Beach

 Starting times 05h00 and 06h15

 www.epathletics.co.za

 fb.com/EasternProvinceAthletics



Online entries on www.webtickets.co.za



nelson mandela bay
M U N I C I P A L I T Y

SATURDAY 1 FEBRUARY 2025

Tick the appropriate box:

50KM @ 05H00

10KM @ 06H15

ENTRY INFORMATION

FIRST NAME																				
SURNAME																				
ID NUMBER																			AGE	
PASSPORT NUMBER																				
NATIONALITY																				
DATE OF BIRTH	D	D	/	MM	/	Y	Y	Y	Y	GENDER :	MALE		FEMALE							
PROVINCE																				
CELL NUMBER																				
EMAIL ADDRESS																				

ATHLETE DETAILS - CLUB AND LICENCE INFORMATION

RUNNING CLUB																				
2025 LICENCE NO										PROVINCE										

EMERGENCY INFORMATION

EMERGENCY CONTACT																				
EMERGENCY NUMBER																				
ALLERGIES:																				
OTHER MEDICAL INFO:																				

INDEMNITY

RULES AND REGULATIONS : ENTRANT UNDERTAKES TO ABIDE BY THE RACE RULES.

All entrants agree that the information they have supplied is true and correct. That they are in good health, are physically fit and trained to participate in and understand the risk associated with the event. They agree to abide by all the rules and conditions of the event and accept that they enter and participate at their own risk, and indemnify the organizers, World Athletics, ASA and EPA, all sponsors and partners, volunteer groups, medical personal and any or all other parties from any direct or indirect loss or damage, however caused, arising from their participation in the event, or related event. They grant permission in terms of section 51 of the electronic communication transactions act 25 of 2002, to use their name, race information, photographs, video tapes, broadcasts, telecast in which they may appear free of charge. They accept that their personal information will remain confidential and consent to same being shared with the parties involved in the organization of the event for purposes of registration, timing, medical care, World Athletics rankings and promotional material. All entrants agree to observe rules and regulations, and if found to be in breach of protocol, accept disqualification and/or any other penalties or action taken against the participant.

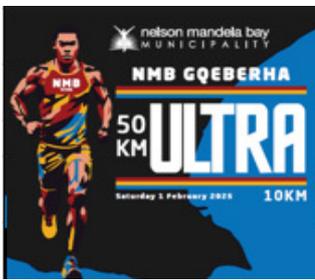
ACCEPT INDEMNITY		I HAVE READ AND ACCEPT THE ABOVE INDEMNITY
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PAYMENT

50KM ENTRY FEE (AGE 20 TO AGE 64) - 65+ FREE	R	3	0	0	-	0	0
10KM ENTRY FEE (AGE 20 TO AGE 64) JUNIOR & 65+ FREE	R	1	2	0	-	0	0
TEMPORARY LICENCE	R		5	0	-	0	0
TOTAL	R				-		
PAYMENT RECEIVED:			/		/		
DATE:			/		/		

SIGNATURE: Athlete, or Guardian for persons under18:





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M U N I C I P A L I T Y

SATURDAY 1 FEBRUARY 2025

EVENT INFORMATION

1. The 50km run will start at 05h00. The 10km run will start at 06h15.
2. The race venue will be Pollok Beach, c/o Marine Dr & 8th Avenue, Summerstrand.
3. Entries are available online on www.webtickets.co.za/Gqeberha ultra.
4. Manual entries can be handed in at Brian Bands sports, UD Sports, and Sportsmans Warehouse.
5. **Free race Tshirt will be available for the first 200 entries received for the 50km event.**
6. Closing date for pre-entries will be 17h00 on Wednesday 29 January 2025.
7. The cut off time for the 50km is 6 ½ hours (11h30). There will be an official cut off time on the route at the 42.2km timing mat at 10h30 (5h30).
8. The 10km cut off time will be 1h45 minutes (08h00)
9. Timing will be done gun to mat.
10. Collection of race numbers as well as late entries, will be available on Friday 31 January 2025 between 14h00 and 20h00 from Pollok Beach, as well as from 04h00 on the morning of the event.
11. Prize giving will be held at 08h00 for the 10km event and 11h30 for the Ultra. Athletes are requested to wear club kit at the prize giving.

GENERAL RULES

12. The race number contains a chip and must under no circumstances be folded.
13. Athletes must be licensed members of a club affiliated to ASA.
14. Athletes must run in official Club colours with the Official race number on the front and 2024/2025 licence numbers on the back and front of vest/tshirt.
15. Unlicensed runners must purchase a temporary licence with their entry, to be worn on the back of attire. International athletes will be provided with the necessary temporary license as per ASA rules.
16. Athletes must be at least 20 years or older to participate in the 50km and 14 years or older for the 10km.
17. 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.
18. All Traffic Officials, Technical Officials and marshals must be obeyed. Breach of any regulation or requirement may lead to instant removal without appeal. The race organiser and safety officer have final decision in this regard.
19. The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
20. Race venue is an alcohol-free zone. Club gazebos are welcomed to be placed in the designated area at the race village.
21. The wearing of age category tags is compulsory to be eligible for prize money.
22. It is every athlete's responsibility to read and comply with these requirements. No contraventions will be entertained.
23. All finishers will receive an event medal. Gold, Silver, and bronze medals will be awarded to the overall Male and Female winners at the finish line.
24. Full results, photographs and live streaming will be available on www.epathletics.co.za.

ROUTE

25. The 50km route is a circular route starting and finishing at Pollok beach, running through Summerstrand, Walmer, Mount Pleasant, Seaview, Schoenmakerskop and back along Marine Drive. The 10km route is an out and back route from Pollok Beach towards Noordhoek.

PARKING AND ROAD CLOSURES

26. Parking is available on the grass area at Pollok beach accessible from 4th avenue and 8th avenue.
27. No road closures are planned for this event except Marine Drive from Admiralty Way to Noordhoek Skiboat club between 06h15 and 08h00.
28. Please run always facing traffic and obey the marshals and traffic officials.

REFRESHMENT STATIONS

29. Refreshment tables will serve water sachets at all points, and cups with coke from 9km onwards.
30. Refuse Bins will be provided along the route up to 400m past the water point. Litter **MUST** be discarded into the very large areas. Intentional littering and littering in non-designated areas, may lead to instant disqualification. Our waterpoint staff are all volunteers. Please do not drop your empty sachets on the ground but disperse into a bin provided.

RACE INFORMATION

31. Please contact Michael Mbambani (0791496796), Irene van Eeden (0832991775) or EP Athletics (041-3742818) for further information, or email irene.ve1650@gmail.com / epamanager@epathletics.co.za

PRIZE MONEY

The following prize money will be available to Male and Female winners. Prize money will be paid via EFT. Athletes are requested to have their bank details on hand to complete the prize money slips.

50km	1st	2nd	3rd	4th	5th
Open	10000	5000	4000	3000	2000
35-39	1500	1000	750		
40-49	1500	1000	750		
50-59	1500	1000	750		
60-69	1500	1000	750		
70+	1500	1000	750		
10km	1st	2nd	3rd		
Open	2000	1000	750		
Junior	500	400	250		
35-39	500	400	250		
40-49	500	400	250		
50-59	500	400	250		
60-69	500	400	250		
70+	500	400	250		



The poster features a male runner in a yellow and blue NMB Gqeberha uniform. Text on the poster includes 'nelson mandela bay MUNICIPALITY', 'NMB GQEBERHA', '50 KM ULTRA', 'Saturday 1 February 2025', and '10KM'.