



10km road race

Competitors must be 14 years of age or older on race day. The race starts at 06h30. The official cut off time is 08h10.

5km Family Run

The 5km Family run starts at 06h45. The cut-off time is at 08h10. Race numbers must be worn on the vest and must always be clearly visible. Competitors must be 9 years of age or older. Medals to all finishers in the 5km event.

Medals

10km - Gold medals to the first 5 men and ladies as well as the winners of the different age categories. Silver medals will be awarded to the next 200 athletes and bronze medals to all finishers within the cut-off for the 10km races.

Lucky Draw Prizes

All entrants are eligible and must be present to win!

Prize money for 10km - Men & Women (To be paid via EFT)

| | 1 st | 2 nd | 3 rd | 4 th | 5 th |
|---------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Open | R5000 | R3000 | R1500 | R 750 | R500 |
| Junior | R1000 | R 500 | R 300 | | |
| 35 - 39 | R1000 | R 500 | R 300 | | |
| 40 - 49 | R1000 | R 500 | R 300 | | |
| 50 - 59 | R1000 | R 500 | R 300 | | |
| 60 - 69 | R1000 | R 500 | R 300 | | |
| 70 + | R1000 | R 500 | R 300 | | |



Prize vouchers for top 3 male and female in 5km event.

ENQUIRIES: For further information on the event, contact Michael on 0791496796, Irene on 0832991775, or the EPA Office on 041 374 2818.

Prize giving will commence at 08h15. Club Gazebo's are welcome.

Parking is available at the Cillie High school ground. Entrance off Commercial Road. Security will be provided.



Event is supported by the Eastern Cape Education Trust



Date : 8 February 2025

Start Time : 06h30 - 10k & 06h45 - 5k

Venue : Cillié Sports Grounds
Sydenham

Organized by:



Free T-Shirts to the 1st 500 Entries

supported by

The Eastern Cape Education Trust

web tickets Online entries - www.webtickets.co.za



8 FEBRUARY 2025



ENTRY FORM



Tick the appropriate block:

10km
(06h30)

5km
(06h45)

Club: Licence No:

Surname: Name:

ID No: Date of Birth: /.../.....

Gender: Age: Phone Cell:

Email Address:

Emergency contact:

Emergency number:

| | | |
|--------------------|---------|--------|
| 10km (Senior – 59) | R120.00 | R..... |
| 10km (Juniors) | FREE | R..... |
| 10km (60+) | R60.00 | R..... |
| Temporary License | R50.00 | R..... |
| 5km Run/Walk | R30.00 | R..... |
| Total | | R..... |

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 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, 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.

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 into this indemnity/waiver on behalf of the minor.

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

Signature: (Athlete. Parent or Guardian if minor)

General race Information:

Entry and race number collection information:

- Entries may be handed in at Brian Bands or Sportsmans Warehouse or online on www.webtickets.co.za. The closing date for all pre-entries will be 17h00 on Wednesday 5 February 2025.
- Collection of numbers and late entries will be available on Friday 7 February 2025 between 16h00 and 18h00 at the Cillie School JJ Engelbrecht sports fields, c/o Sydenham Road and Ambrose Street, North End, and from 05h30 on the morning of the event.

Licencing:

- Athletes must display the 2024/2025 licence numbers on the front and back of the vest/shirt and official race number placed over the licence number with ASA advertising visible. The race number contains a chip and must not be bent.
- Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the back of vest or plain colored T-shirt, with the official race number on the front of the vest/T-shirt. Temporary licenced athletes are not covered by ASA group insurance and are encouraged to join an athletics club.

Prize winners:

- Age category tags must be worn on front and back of your vest, clearly visible, if you wish to qualify for category prizes.
- Prize winners may be requested to provide proof of age.
- The Prize Giving will commence at 08h15. It is recommended that athletes dress in club kit when receiving prizes.

General:

- The wearing of earphones is not allowed and may lead to disqualification.
- The race committee reserves the right to accept or reject any entry.
- Full results will also be posted on www.epathletics.co.za.
- No Alcohol may be brought onto the premises.
- Entry fees are non-refundable.
- The no seconding rule will apply. No private vehicles will be allowed on the route to second athletes.
- There will be three refreshment stations on the 10km route and one refreshment station on the 5km route. Please support the Anti-littering campaign. Refuse bins will be provided along the route.
- **DO NOT DROP YOUR SACHETS on the ground. USE THE BINS PROVIDED.** Littering is an offence and may lead to disqualification.
- Organised in accordance with the rules and regulations of ASA and EPA.

T-shirts

- Race T-shirts will be available for the first 500 entries received. Various sizes will be available but cannot be guaranteed.

