



ENTRY FORM

24 JANUARY 2026

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

Club: Licence No:

Name of School if scholar:

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)



10km road race

Competitors must be 14 years of age or older on race day. The race starts at 06h00. The official cut off time is 07h40.

Please note NO PRAMS are allowed on the 10km route.

5km Family Run

The 5km Family run starts at 06h15. The cut-off time is at 07h30. Race numbers must be worn on the vest and must be clearly visible at all times. Competitors must be 9 years or older. Medals to ALL finishers in the 5km event. The 5km will be a timed 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 150 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 winners must be dressed in their club colours during the award presentation.

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

	1 st	2 nd	3 rd	4 th	5 th
Open	R5000	R3000	R2000	R1000	R750
Junior	R 750	R 500	R 300		
35 – 39	R 750	R 500	R 300		
40 - 49	R 750	R 500	R 300		
50 - 59	R 750	R 500	R 300		
60 - 69	R 750	R 500	R 300		
70 - 79	R 750	R 500	R 300		
80+	R 750	R 500	R 300		

Age category tags must be worn on front and back of your vest, clearly visible, if you wish to qualify for category prizes.

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

DIRECTIONS AND PARKING:

From PE, continue towards Colchester, once you cross the bridge at Sundays River, turn right. Turn right again and follow directions to the Mackay Bridge Angling Club.



General race Information:

1. Organised in accordance with the rules and regulations of ASA and EPA.
2. 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 21 January 2026.
3. Collection of numbers and late entries will be available at Westbourne Oval on **FRIDAY 23 January 2026** from 13h00 to 18h00 and at the race venue from 05h00 on the morning of the race.
4. Athletes must display the 2025/2026 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.
5. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license (10km only) 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.
6. Temporary licenced athletes are not covered by ASA group insurance and are encouraged to join an athletics club.
7. Age category tags must be worn on front and back of your vest, clearly visible, if you wish to qualify for category prizes.
8. Prize winners may be requested to provide proof of age.
9. Wearing of earphones are not allowed and may lead to disqualification.
10. The race committee reserves the right to accept or reject any entry.
11. The Prize Giving will commence at 07h45. Athletes to be dressed in club kit when receiving prizes.
12. Full results will also be posted on www.epathletics.co.za.
13. No Alcohol may be brought onto the premises.
14. Entry fees are non-refundable.
15. The no seconding rule will apply. No private vehicles will be allowed on the route to second athletes.
16. There will be sufficient refreshment stations on route. Please support the Anti-littering campaign. Refuse bins will be provided along the route. Please discard used water sachets into or near to these bins. Littering is an offence and may lead to disqualification.
17. Race Tshirts will be available for the first 200 10km entries received for the 10km. Sizes cannot be guaranteed.



10th Edition

COLCHESTER
Development Run

26 January 2026

MACKAY BRIDGE ANGLING CLUB
COLCHESTER

10km - 06h00
5km - 06h15

EPA PARTICIPATION & PRESTIGE LEAGUE

ENTER ONLINE ON **webtickets**
your tickets your way