

Tick appropriate Distance: 50km @ 05h00

21.1km at 05h30

10km @ 06h00

[illegible]

ATHLETE DETAILS - CLUB AND LICENCE INFORMATION

[illegible]

INDEMNITY:

RULES AND REGULATIONS : ENTRANT UNDERTAKE TO ABIDE BY THE RACE RULES AND AGREE TO THEM, REFRAIN FROM LITTERING AND USE BINS PROVIDED

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 personnel 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							
PAYMENT									
50KM ENTRY FEE (AGED 20 TO AGE 64)		R	3	0	0	-	0	0	
50KM ENTRY FEE (AGED 65+)		R	1	5	0	-	0	0	
21.1KM ENTRY FEE (AGE 20 TO 64)		R	1	8	0	-	0	0	
21.1KM ENTRY FEE (AGE 65-74)		R		9	0	-	0	0	
21.1KM ENTRY FEE (75+ & JUNIORS)		R		0	0	-	0	0	
10KM ENTRY FEE (AGE 20 TO 64)		R	1	3	0	-	0	0	
10KM ENTRY FEE (AGE 65-74)		R		6	0	-	0	0	
10KM ENTRY FEE (75+ & JUNIORS)		R		0	0	-	0	0	
TEMPORARY LICENCE (21.1/10km only)		R		5	0	-	0	0	
TOTAL		R				-			
PAYMENT RECEIVED:		DATE:			/			/	
SIGNATURE (Guardian for persons under18):									

EVENT INFORMATION

1. The 50km run will start at 05h00. The 21.1km will start at 05:30 and the 10km run will start at 06h00.
2. The race venue will be Pollock Beach, c/o Marine Drive & 8th Avenue, Summerstrand.
3. Entries are available online on www.webtickets/NMB Gqeberha Ultra
4. Manual entries can be handed in at Brian Bands Sports, Sportsmans Warehouse or Action Sport.
5. A free race T-shirt will be available for the first 200 entries received for the 50km event.
6. Closing date for the pre-entries will be 17h00 on Tuesday 27th of January 2026.
7. The cut off time for the 50km is 6 ½ hours (11h30). There will be a cut off time on the route at the 42.2km timing mat at 10h30 (5 ½ hours)
8. The cut off time for the 21.1km is at 09h00 and for the 10km at 07h45.
9. Timing will be done gun to mat.
10. Collection of race numbers as well as late entries, will be available on Friday 30 January 2026 between 13h00 and 20h00 from the Summerstrand Marine Hotel, as well as from 04h00 on the morning of the race.
11. Prize giving will be held at 09h00 for the 10/21.1km event and 11h30 for the Ultra event, which includes lucky draws. Prize winners must be dressed in their club colours during the award presentation.
12. Age category tags must be worn on both the front and back of your vest and be clearly visible to qualify for category prizes.

GENERAL RULES

13. The race number contains a chip and must under no circumstances be folded or altered.
14. Athletes must be licenced members of a club affiliated to ASA to participate in the 50km.
15. Athletes must run in official club kit with the official race number on the front and the 2025/2026 licence numbers on front and back of vest/Tshirt.
16. Unlicenced athletes in the 21.1/10km must purchase a temporary licence with their entry, to be worn on the back of the attire.
17. International athletes will be provided with the necessary temporary licence as per ASA rules.
18. Athletes must be at least 20 years or older to participate in the 50km, 16 years or older for the 21.1km and 14 years or older for the 10km.
19. Race is 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.
20. 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.
21. The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
22. Race venue is an alcohol-free zone. Club gazebos are welcomed to be placed in the designated area at the race village.
23. It is every athlete's responsibility to read and comply with these requirements. No contraventions will be entertained.
24. Gold, Silver, and bronze medals will be awarded to the overall Male and Female winners at the finish line. The first 1800 athletes to finish will receive a race medal.
25. Full results and photographs will be available on www.epathletics.co.za. Live results will be available on www.mobiielite.co.za.

ROUTE

26. 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.
27. The 21.1km and 10km routes is an out and back route from Pollok Beach towards Noordhoek.
28. Please always run facing traffic unless otherwise instructed.
29. Please obey the marshals and traffic officials.

PARKING AND ROAD CLOSURES

30. Parking is available on the grass area at Pollok beach accessible from 4th avenue and 8th avenue.
31. No road closures are planned for this event except Marine Drive from Admiralty Way to Noordhoek Skiboat club between 05h30 and 08h30.

REFRESHMENT STATIONS

31. Refreshment tables will serve water sachets at all points, and cups with coke from 9km onwards.
32. Refuse Bins will be provided along the route up to 400m past the water point. Litter **MUST** be discarded before the last bin. If you are unable to discard in time, please carry your empty sachet/waste to the next point.
33. 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

34. Official race updates will be communicated via the Eastern Province Athletics Facebook page: <https://www.facebook.com/EasternProvinceAthletics>.
35. Athletes will receive an SMS confirmation with a final SMS the week of the event.
36. For any queries, please contact Michael Mbambani (0791496796), Irene van Eeden (0832991775) or EP Athletics (041-3742818) or email 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 within 7 days of the event. Athletes are requested to have their bank details on hand to complete prize money slips.

50km						21.1km			10km		
Cat	1st	2nd	3rd	4th	5th	1st	2nd	3rd	1st	2nd	3rd
Open	R 8000	R 5000	R 4000	R 3000	R 2000	R 1000	R 750	R 500	R 750	R 500	R 350
Junior	-	-	-	 		500	350	250	350	250	200
35-39	1500	1000	750			500	350	250	350	250	200
40-49	1500	1000	750			500	350	250	350	250	200
50-59	1500	1000	750			500	350	250	350	250	200
60-69	1500	1000	750			500	350	250	350	250	200
70+	1500	1000	750			500	350	250	350	250	200



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

NMB GQEBERHA ULTRA 50KM, 21.1KM & 10KM

SATURDAY 31 JANUARY 2026

☑ Pollock Beach, Summerstrand

☑ Starting times:

50km	- 05h00
21.1km	- 05h30
10km	- 06h00

☑ EPA Participation & Prestige League

☑ Two Oceans & Comrades qualifier

f fb.com/EasternProvinceAthletics

 www.epathletics.co.za

Enter online before Tuesday 27 January 2026

web tickets
your tickets your way

