








KARIEGA

21.1KM, 10KM & 5KM FUN RUN

HUMAN RACE

21.1km Prize Money - Men and Ladies									 
Position	Open	JUNIOR	35-39	40-49	50-59	60-69	70-79	80+	
1	R7 000	R1 000	R1 000	R1 000	R1 000	R1 000	R1 000	R1 000	
2	R4 000	R700	R700	R700	R700	R700	R700	R700	
3	R2 500	R 400	R 400	R 400	R 400	R 400	R 400	R 400	
4	R1 500								
5	R750								
10km Prize Money - Men and Ladies									 
Position	Open	JUNIOR	35-39	40-49	50-59	60-69	70-79	80+	
1	R1 000	R500	R500	R500	R500	R500	R500	R500	
2	R 750	R300	R300	R300	R300	R300	R300	R300	
3	R500	R200	R200	R200	R200	R200	R200	R200	

Directions to start:

Drive along Uitenhage Road towards Despatch. Continue straight at crossing and proceed under the bridge. Turn left at Robots into Main Street and continue for 2.6km. Turn left into Handel Street and right into Amperbo Street. Turn left into school gate. Alternatively, continue to the end of Handel Street and turn right into Berg Street. Access parking just past Skool Street. (230m from start/finish).





Saturday 21 March 2026

21.1km starts at 06h00

10km starts at 06h30

5km starts at 06h45

**Danie Gerber Sport Field, Despatch High School,
Skool street, Despatch**

**Organized in accordance with the rules of ASA and EPA
21.1km is an EPA Prestige and Participation League Event
10km is an EPA 1 Point Participation League Event**

Free T-shirts to the first 200 Entries received for the 21.1km



Enter online: <http://webtickets.co.za>



ENTRY FORM

Tick the appropriate block:

21.1km (06h00)

10km (06h30)

5km (06h45)

☐
☐
☐

Licence No:
(21.1km & 10km)

Province:

Club in Full:

Surname:

Name:

ID No :

Passport No.

(If non-SA)

Date of Birth:

____/____/____

Nationality:

Gender:

Age:

Cell no:

Email:

Emergency Contact: Name:

Cell Nr:

Tshirt Size: (Free to first 200 21.1km Entries)

☐
☐
☐
☐
☐
☐

(Pls note that online system will remove the sizing option for 21.1km entries once the 200 has been exceeded)

(AVAILABLE FOR SALE TO 10KM & 5KM ENTRIES BEFORE 28/2/26)

XS

S

M

L

XL

XXL

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 warrant that I am in good health and aware of the risks and dangers of the 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

21.1km	(65+ Athletes R90.00)	R180.00	R.....
10km	(65+ & Junior Athletes R60.00)	R 120.00	R.....
Temporary License		R 50.00	R.....
5km (No temp license is required)		R 30.00	R.....
T-shirt purchase		R200.00	R.....
Total			R.....

Signature: (Athlete or Parent/Guardian if minor) Date entered: 2026/...../.....



GENERAL RACE INFORMATION – NMB UITENHAGE HUMAN RACE

1. Races will start at 06h00 (21.1km), 06h30 (10km) and 06h45 (5km) respectively.
2. The start is at the **Danie Gerber Sport Field, Despatch High School, Skool street, Despatch**
3. 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.
4. Athletes must display the official race number on the front of the vest/tshirt and 2026 licence number on the front and back of the vest.
5. Race numbers contain a chip and must not be bent or folded.
6. 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 coloured T-shirt, with the official race number on the front of the vest/T-shirt.
7. Age category tags must be worn 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.
8. Athletes must be at least 16 years or older for the 21.1km, 14 years or older for the 10km and 9 years or older for the 5km.
9. Prams are not permitted on the 21.1km or 10km route.
10. Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
11. The race committee reserves the right to accept or reject any entry.
12. Club Gazebo's are welcome; however, it is a school premises so no alcohol may be brought into the venue.
13. Online entries are available on www.webtickets.co.za. The closing date for pre-entries will be at 20h00 on Wednesday 18 March 2026.
14. Free T-shirts will be allocated to the first 200 entries received in the 21.1km. 10km and 5km athletes may purchase a T-shirt before 28/2/26. Once the 200 free T-shirt allocation has been reached, the option to select your size online will be removed and T-shirts may be purchased online.
15. **Collection of race numbers (pre-entries) and late entries will be accepted at the EP Athletics office, Westbourne Oval, Westbourne Road between 14h00 and 18h00 on Friday 20 March 2026, and from 05h00 at the venue on the morning of the event. Card facilities will be available.**
16. The no seconding rule will apply for the 10km. Personal seconding on the 21.1km route at waterstations only, stand and hand rule applies.
17. All traffic Officials and marshalls must be obeyed.
18. The cut off time for the 21.1km is at 09h30 and 08h15 for the 10km.
19. There will be sufficient refreshment stations on the route and one refreshment station on the 5km route. Refuse bins will be provided along the route. Please discard used water sachets into or near to these bins. Littering may lead to disqualification.
20. Full results will be available on www.epathletics.co.za.
21. The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
22. Medals will be awarded to the first 700 21.1km finishers, 500 10km finishers and 300 5km finishers.
23. Prize giving will be held at 09h30.

INFORMATION

For more information, contact Michael Mbambani on 079 149 6796, Irene van Eeden on 083 299 1775 or contact EP Athletics (041 3742818) during office hours (Monday – Friday 09h00 – 15h00) or email epamanager@epathletics.co.za.

