

## GENERAL INFORMATION

1. Start/Finish in Ralston Road; Londt Park, Fernglen
2. Starting times: **10km – 06h30, 5km – 06h45 and 60m Dash – 08h20**
3. Race entries may be collected/ handed in at Brian Bands (Cape Road) and UD Sports. (Closing date for all pre-entries on Wednesday 25 March 2026 @ 16:30):
4. A receipt slip may be required in the case of any discrepancy with pre-entries.
5. **Collection of race numbers (pre-entries) and late entries will be accepted from 16h00 until 19h00 on Friday 27 March 2026 at Londt Park Sports Grounds and the morning of the race from 05h00 till 06h30 at the Londt Park Sports Grounds. All entries are non-refundable.**
6. Cut of time: 100 minutes (08:10).
7. Lucky draw prizes available at prizegiving.
8. The minimum age for 10km is 14 years on race day.
9. All runners run on the right-hand side of the road, facing traffic.
10. All traffic officers & marshals shall be obeyed at all times.
11. Parking available at **Londt Park Sports Grounds**.
12. Athletes must run in official club colours with 2026 licence numbers on the front and back of the vest.
13. Unlicensed athletes in the 10km must purchase a temporary licence to be worn on the back of vest or a plain T-shirt.
14. Temporary licensed runners are not covered by ASA Insurance Scheme. Completion of the tear-off strip is compulsory. Temporary licensed runners are urged to join an affiliated club. Contact EPA for more information 041-374 2818
15. Race held under rules of ASA and EPA. Athletes indemnify the provincial & Regional Bodies, sponsors, or organisers against all & any action of whatsoever nature, arising out of their participation in the race.
16. Age category tags must be worn on front and back of your vest to be eligible for category prizes on race day and must be clearly visible.
17. There will be three refreshment stations on the 10 km route. Refuse bins will be provided up to 500m after the refreshment stations along the route. Please discard litter into these bins and not beyond the designated point. **Intentional littering may lead to disqualification.**
18. The no-seconding rule will apply. No private vehicles will be allowed on the route to second athletes.
19. The wearing of earphones & headsets is not permitted due to safety reasons and will lead to disqualification.
20. Race Organisers reserve the right to accept or reject any entry.
21. Gatherings are allowed before and after the race event. Gazebos allowed in cordoned-off area. **No alcohol may be bought onto the premises and the race venue is an alcohol-free zone**
22. The Prize Giving will commence at 08h45. Athletes to be dressed in club kit when receiving prizes.
23. Full results will be available on [www.eathletics.co.za](http://www.eathletics.co.za) and photos on Facebook at <https://www.facebook.com/sunridgecommunityrun>

Online Entries at [WEBTICKETS.CO.ZA](http://WEBTICKETS.CO.ZA)



### MAKING A DIFFERENCE

10km Road Race

5km Fun Run

60m Kiddies Dash

**28 March 2026**

Organized by: Run4Christ Athletics Club

**THIS IS AN EPA LEAGUE EVENT**

Enquiries

Niekie Oosthuizen

082 561 8747

Monté Scholtz

071 581 4019

Venue:

**Londt Park Sports Club**

Starting Times:

10km 06h30

5km 06h45

60m 08h20



web tickets  
your tickets your way

# ENTRY FORM

PLEASE TICK THE APPROPRIATE BLOCK: 60m dash  5KM  10KM

LICENCE NUMBER \_\_\_\_\_ CLUB NAME IN FULL \_\_\_\_\_

SURNAME \_\_\_\_\_

FIRST NAME \_\_\_\_\_

IDENTITY NUMBER \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ AGE \_\_\_\_\_ GENDER M  F

EMEGENCY CONTACT NAME \_\_\_\_\_

EMERGENCY CONTACT NR \_\_\_\_\_

EMAIL \_\_\_\_\_

## ENTRY FEE

10KM	R 120-00	R
5KM	R 60-00	R
TEMPORARY LICENCE	R 50-00	R
60m Dash	R 50-00	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 & 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 organisers of the event all sponsors, persons and organisations assisting in the staging the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or cost relating to any injury, loss or damage of whatever nature, however caused, arising directly from the 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 organization 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:** 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 the proper physical condition to participate in such activity and I enter into this indemnity/waiver on behalf of the minor.

..... SIGNATURE ATHLETE/PARENT/GUARDIAN (if under 18)

SIGNATURE: .....

## CATEGORY PRIZES

### 10 KM

		OPEN	35-39	40-49	50-59	60-69	70-79	80+	JUNIORS
1 <sup>ST</sup>	Male/ Female	R1000	R300	R300	R300	R300	R300	R300	R300
2 <sup>ND</sup>	Male/ Female	R400	R200	R200	R200	R200	R200	R200	R200
3 <sup>RD</sup>	Male/ Female	R200	R100	R100	R100	R100	R100	R100	R100

### 5KM

**R100 (1<sup>st</sup> Male & Female)**

## SPONSORS