

MEDALS

to all finishers



PRIZES

21.1KM		OPEN	JNR	35-39	40-49	50-59	60-69	70+
1	MALE / FEMALE	R2 000	R500	R500	R500	R500	R400	R400
2	MALE / FEMALE	R1 500	R400	R400	R400	R400	R300	R300
3	MALE / FEMALE	R1 000	R300	R300	R300	R300	R200	R200

10KM		OPEN	40-49	50-59	60-69	70+	JNR	5km
1	MALE / FEMALE	R800	R400	R300	R300	R300	R500	R300 Brian Bands Voucher
2	MALE / FEMALE	R500	R300	R200	R200	R150	R300	R200 Brian Bands Voucher
3	MALE / FEMALE	R300	R200	R150	R150	R150	R300	R100 Brian Bands Voucher

R1000 R750 R500	KING & QUEEN OF THE HILL 2nd Place 3rd Place
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FREE
RUNNING SHIRT
TO THE
FIRST 100 21.1KM
AND 100 10KM
ONLINE ENTRIES.



Heartbreak Hill

21.1km, 10km & 5km Fun Run
16 MAY 2026

Hosted by



FREE
RUNNING SHIRT
TO THE
FIRST 100 21.1KM
AND 100 10KM
ONLINE ENTRIES.

Start & Finish: Italian Club, Harold Road, Charlo



CHARLO ATHLETIC CLUB



Starting times: 21.1km - 06h30 | 10km - 06h45 | 5km - 07h00
THIS IS AN EPA LEAGUE EVENT



Heartbreak Hill 2026

HALF MARATHON 21.1KM / 10KM / 5KM | ENTRY FORM

PLEASE TICK THE APPROPRIATE BLOCK:

MALE FEMALE
 21.1KM 10KM 5KM LICENCE NUMBER: _____

SURNAME: _____

FIRST NAME: _____

CLUB IN FULL: _____

DATE OF BIRTH: _____

AGE ON RACE DAY: _____

ID NUMBER: _____

EMERGENCY CONTACT: _____ Nr: _____

I undertake to yield to traffic if I am still on the road after 3 hours and 30 minutes.
Do you agree to NOT litter during the race and accept disqualification if reported for doing so? Yes _____ No _____

INDEMNITY/WAIVER

By entering this event I undertake to be bound by the rules and the 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 release and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, persons and organisations 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.

SIGNATURE (PARENT IF UNDER 18)

LICENSED ATHLETES 65 YEARS AND OLDER ENTER FOR A REDUCED PRICE IN 21.1KM ONLY

21.1 KM ENTRY FEE: R180.00 (65 + yrs Reduced Price R90.00)	R
10 KM ENTRY FEE: R100.00 (65 + yrs Reduced Price R50.00)	R
5 KM ENTRY FEE: R50.00	R
TEMP. LICENCE (21.1KM & 10KM): R50.00	R
TOTAL	R

GENERAL RULES

1. Race held under the rules of ASA and the EPA. Athletes indemnify the National, Provincial and Regional Bodies, sponsors and organisers against all and any action of whatsoever nature, whatever same may be, arising out of their participation in the race.
2. Races will start and finish at the Italian Club, Harold Road, Charlo, Port Elizabeth. 21.1km - 06h30, 10km 06h45 & 5km at 07h00 on Saturday, 16 May 2026.
3. Prize giving and Lucky Draws will take place after the race at 09h45. Athletes are requested to wear club clothing at Prize giving.
4. Athletes must run in official club colours with 2026 license number on the front and back of the vest. If a race number is supplied, it should be placed over the front licence number with ASA sponsors visible.
5. Temporary licence for 21.1km & 10km will be on sale at R50.00 for athletes who are not licensed members of a club affiliated to ASA. It must worn on the front of your vest/shirt. If a race number is supplied, the race number is to be placed on the front of the vest/shirt and the temporary number on the back.
6. Age category tags to be worn to qualify for age category prizes and medals. Runners using a temporary licence may produce proof of age on race day to qualify for prizes.
7. Competitors must be 16 years of age or older - 21KM, 10KM 14 years of age or older & 5KM 9 Years of age or older.
8. No personal seconding allowed.
9. The wearing of ear phones & head sets are not permitted due to safety reasons and will lead to disqualification.
10. All traffic officers and marshals must be obeyed at all times.
11. Runners still on the road after 3 hours and 30 minutes will be regarded as non-finishers.
12. Enter online at www.webtickets.co.za until 12h00 on Wednesday, 13 May 2026.
13. Race entries can be handed in at Brian Bands, Cape Road (Gqeberha)
14. Collection of race numbers (pre-entries) and late entries will be accepted at the Italian Club on Friday 15 May 2026 from 16h30 - 19h30, and on the morning of the race from 05h00 to 06h15 for the 21.1km, 05h00 to 06h30 for the 10km and 05h00 - 06h45 for the 5km.
15. Results will be available on the internet at www.epathletics.co.za
16. There will be water points +/- every 3 km and litter bins at every water point, please discard used water sachets into the nearest bin provided, intentional littering will lead to disqualification.
17. Toilets available. NO shower facilities.
18. Gazebo's will be allowed.
19. Distance marker boards every 1km.
20. **General Enquiries:**
Eusentha Pillay **084 665 0910**

ENTER ONLINE AT
WEBTICKETS.CO.ZA

web tickets

