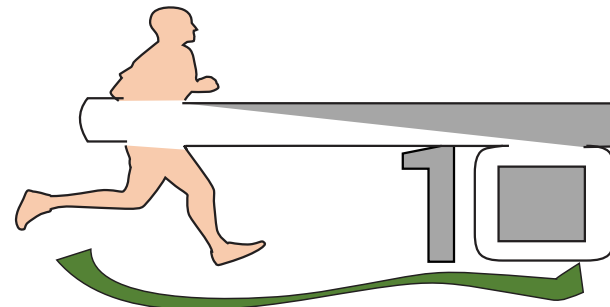


GENERAL INFORMATION

1. Start/Finish on premises of St Albans Correctional Services Rugby Field.
2. Starting times: **07h00 am**
3. Race entries may be collected/ handed in at Brian Bands (Cape Road), Uitenhage at UD Sports, EPA offices and St Albans shop. Closing date for all pre-entries on Wednesday 29 April 2026 at 16:30). Alternatively enter online www.webtickets.co.za
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 15h00 until 18h00 on Friday 1 May 2026 at EPA offices and the morning of the race from 04h30 till 06h30 at St Albans Correctional Services Rugby field. All entries non- refundable.**
6. Cut of time: 100 minutes (08:40).
7. Lucky draw **prizes available** at prize giving. **Prize Giving will be held at St Albans Rugby field.**
8. **Athletes are requested to wear club clothing at Prize giving**
9. The minimum age for on race day is 14 yrs.
10. All runners run on the right-hand side of the road, facing traffic.
11. All traffic Officers & Marshals must be obeyed at all times.
12. Parking available at St Albans Correctional Services Rugby Field.
Please Park at the designated parking area, obey Parking Marshall instructions.
13. License Athletes must run in official club colours with 2026 licence numbers, on the front and back of the vest.
14. Unlicensed athletes must purchase a temporary licence to be worn on the front of vest or a plain T-shirt.
15. Temporary licensed runners are not covered by ASA Insurance Scheme. Completion of the tear-off strip is compulsory. Temporary licenced runners are urged to join an affiliated club. Contact EPA for more information.041-374 2818
16. 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.
17. 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.
18. There will be two refreshments stations at km at 3 & 7 km and finishing line. 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.**
19. The **NO** seconding rule will apply.
20. The wearing of earphones & headsets is not permitted due to safety reasons and will lead to disqualification.
21. Race Organisers reserve the right to accept or reject any entry.
22. No prams and dogs allowed.

Online Entries at WEBTICKETS.CO.ZA

Correctional Services



CORRECTIONAL SERVICES

10km Road Race

EPA Participation League

02 May 2026

Organized by: St Albans Athletic Club
Enquiries John 072 020 9613
Vuyisile 071 865 4050

Venue: St Albans Correctional Services, Old Cape Road, Greenbushes

Starting Times: 10km 07:00



ENTRY FORM

DISTANCE 10km

LICENCE NUMBER: _____ CLUB NAME IN FULL: _____

SURNAME: _____

FIRST NAME: _____

IDENTITY NUMBER: _____

DATE OF BIRTH: _____ Age: _____ Gender: M F

Emergency Contact Name: _____

Emergency Contact Number _____

Email: _____

ENTRY FEE

10KM	R130-00	R
LICENCE ATHLETE 65 +	R40-00	R
TEMPORARY LICENCE	R50-00	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)

CATEGORY PRIZES



10 KM

		OPEN	JUNIORS	35-39	40-49	50-59	60-69	70+
1 ST	Male/ Female	R620	200	R200	R200	R200	R200	R200
2 ND	Male/ Female	R420	R150	R150	R150	R150	R150	R150
3 RD	Male/ female	R320	R100	R100	R100	R100	R100	R100

LUCKY DRAW PRIZES

Lucky draw prizes available during price giving.

10 km
Road Race

THANK YOU IN ADVANCE FOR YOUR SUPPORT AND PARTICIPATION,
SEE YOU ALL ON RACE DAY.

RACE START AT 07H00
OLD CAPE ROAD ST ALBANS CORRECTIONAL SERVICES

SECURE AND SAFE PARKING GARENTEED

IMPORTANT NOTICE:

PLEASE NOTE THAT NO ALCOHOL IS ALLOWED ON PREMISES.
ALL CLUB GAZEBO'S ARE WELCOME AT DISIGNATED AREA.

