



10km Road Race & 5km Fun Run

THIS IS AN EPA PARTICATION LEAGUE EVENT

4 July 2026

10km - 7:00 am

5km - 7:10 am



VENUE: Makro Gqeberha, 735 Cape Road, Bridgemeade

ORGANISED BY: Elite Athletics Club/OA Foundation

Enquiries - Peter 083 341 3004 & Errol 081 289 7235



CATEGORY PRIZES

	Gender	Open	35-39	40-49	50-59	60-69	70+	Junior
1st	Female/Male	R700	R350	R350	R350	R350	R350	R350
2nd	Female/Male	R500	R250	R250	R250	R250	R250	R250
3rd	Female/Male	R400	R150	R150	R150	R150	R150	R150

5KM

MAKRO VOUCHER (1ST MALE & FEMALE)

LUCKY DRAW PRIZES!

R2000 CASH PRIZES FOR THE PRIMARY SCHOOL WITH THE MOST ENTRANTS!



piecing lives together



ENTRY FORM

PLEASE TICK THE APPROPRIATE BOX

5KM 10KM

10KMLICENCE NUMBER: _____
 CLUB NAME IN FULL _____
 SURNAME _____
 FIRST NAME _____
 IDENTITY _____
 DATE OF BIRTH _____ AGE _____ GENDER: Female Male
 EMERGENCY CONTACT NAME _____
 EMERGENCY CONTACT NUMBER _____
 EMAIL _____
 PRIMARY SCHOOL _____

INDEMNITY / WAIVER: By entering this event I undertake to be bound by the rules and 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 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 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. In terms of the Protection of Personal Information Act, I allow the Sponsors to contact me.

SIGNATURE OF COMPETITOR: _____

SIGNATURE OF PARENT/GUARDIAN (if under 18): _____

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 into this Indemnity/waiver on behalf of the minor.

10km	R 120	R
5km	R 60	R
Licence athlete 60+ & Junior	R 60	R
Temp Licence 10km	R 50	R
TOTAL		R

GENERAL RACE INFORMATION

- Races will start at 07h00 (10km) and 07h10 (5km).
- The start is on the premises of Makro Gqeberha, 735 Cape Road, Bridgemeade.
- Organised in accordance with the rules and regulations of ASA and EPA. All athletes indemnify the National, Provincial and Regional bodies, sponsors and organisers against all and any actions of whatsoever nature.
- Athletes must display the official race number on the front of the vest/tshirt and their 2026 licence number on the front and back of the vest.
- Race numbers contain a chip and must not be bent or folded.
- 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 official race number on the front of the vest/T-shirt.
- Age category tags must be worn on front and back of your vest if you wish to qualify for category prizes.
- Athletes must be at least 14 years or older for the 10km and 9 years or older for the 5km.
- Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
- The race committee reserves the right to accept or reject any entry.
- Club Gazebo's are welcome in designated parking area.
- Prize winners must wear their club colours during the award presentation. No 3rd party collection of prize money envelopes. If prize winners cannot be present, they can contact the race organiser on Monday after the event.
- Online entries are available on www.webtickets.co.za, closing date for online entries are Tuesday night 22:00 30 June.
- Race entry forms may be collected/handed in at Makro Gqeberha store, Brian Bands sport, UD sports, closing date for pre-entry forms will be at 16:00 Wednesday 1 July.
- Collection of race numbers (pre-entries) and late entries will be accepted at the outsthe of the Makro store between 15h00 until 18:00 on Friday 3 July, and from 05h00 till 06h30 on the morning of the event. All entries are non-refundable.
- The no seconding rule will apply for both events.
- All traffic Officials and marshals must be obeyed.
- The cut off time is at 08h40 (100minutes for 10km) for both even, Prize giving at 09h00.
- There will be two refreshment stations on the 10km and one on the 5km. Refuse bins will be provided up to 500m after refreshment stations along the route. Please discard used water sachets into or near to these bins. **Intentional littering may lead to disqualification.**
- Full results will be available on www.epathletics.co.za
- The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
- No prams/dogs are allowed on the 10km route.**
- No music devices of any kind may be used during the event.**
- Breach of any regulation or requirement may lead to instant removal or disqualification without appeal. The race organiser and safety officer have the final decision in this regard.
- It is every athletes responsibility to read and comply with these requirements.

Enquiries - Peter 083 341 3004 & Errol 081 289 7235