

RULES: **1] Age:** Minimum age on race day is 15 years for the 12km. **2] Age Tags:** Participants will be eligible for prizes in the OPEN category and the age category for which they have entered provided the relevant OFFICIAL ASWD age category tag or junior tags is displayed, visible and above license number, front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. Red age tags/white background (ASA Rule 22.9). **3] Club Colours:** Licensed runners should wear club colours. Official event race number to be worn on the front. Registered athletes must wear their 2026 ASA licenses on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA license, so that the ASA license sponsor remains visible. Temporary licensed runners must wear the race number on the front of their vest and the temporary license on the back. **4] Seconding:** No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding, stand and hand rule will only be permitted within the delineated area at water point. (ASA Rule 34.8.2). **5] Proof of Age** – Athletes must give proof of their age at the request of the Race Referee. (SA ID/Passport/Drivers License/Refugee Permit/Birth Certificate since 1994). **6] Foreigners:** All foreign athletes must comply with WA rule 142.2 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day. **7] Safety Rule (ALL DISTANCES):** No Earphones (ASA Rule 34.10.6), Animals (ASA Rule 34.10.1), Racers (ASA Rule 34.10.3), or Wheelchairs (ASA Rule 34.10.4) allowed. **8] General:** The results will be electronically produced on race day by the official chip timing system. Your timing chip will be placed on your race number. The race number must be worn on front of your vest and visible at the finish line. There is a foam strip of your race number. Please do not remove the timing chip and foam strip from the race number – doing so will result in a NO finish. For safety and timing purposes, ONLY the person assigned to this race number may use it. **9] Race Cancellation:** There will be no refunds should the race be cancelled for reasons beyond our control. Substitutions: NO substitution will be allowed. Refund: In case that you are injured and cannot take part, we are unable to refund you.

GENERAL: **[1] Start:** 12km start at Elvis Brew on York and finish at Elvis Brew Padstal. **[2] Refreshment Tables:** Drinking stations will be provided at 3.5km intervals (3 water points) or more frequently if weather conditions warrant such provision. **[3] Distance markers** will be placed at every kilometre. **[4] The cut off time** for the race is 3 hours. **[5] First aid** is available at the start and the finishes well as along the route. **[6] Ablution facilities** will be available in the Elvis Brew on York and Elvis Brew Padstal.



BEST DRESSED PRIZES



RACE RESULTS: www.aswd.co.za | www.bouttime.co.za

ENTRIES: **[1] Online Entries:** www.entryninja.com **[2] By Hand:** You can enter and pay at Elvis Brew on York and Elvis Brew Padstal. Please keep the receipt as proof of payment.

REGISTRATION AND LATE ENTRY: This is a pre-entry event and NO RACE DAY entries are accepted. Pre-entries close on 5 August 2026 at 23:59. Late entrants will pay R20 premium on advertised entry fees on 6 and 7 August 2026.

PRIZE GIVING: All prize winners must be in their club colours when collecting their prize. Winners must be present at prize giving otherwise the prize will be forfeited. No exceptions!



10 AUGUST 2026 | MONDAY | 8:00AM | 12KM



LIMITED: 1000 Entries | NO RACE DAY ENTRIES
ENTRY FORMS AVAILABLE FROM ELVIS BREW ON YORK | ELVIS BREW PADSTAL



www.nedbankrunningclub.co.za

Held under the rules of
ASA | ASWD | WA



This event is timed by an
electronic bib chip.
NO BIB CHIP=NO RESULT



Entries: www.entryninja.com | Enquiries: 083 376 7414 | 084 772 2451 | Elvis Brew: 061 518 5119

ENTRY FORM – 12KM

- R105 Licensed Athletes
- R155 Unlicensed Athletes
- R75 Nedbank Runners



Onlines fees: Add R15 when entering online: www.entryninja.com
 Late entry fee: Add R20 to the entry fee on 6 & 7 August 2026 at Elvis Brew on York.

First Name _____ Contact Number _____

Surname _____ Email _____

ID Number _____ Club Name _____

Date of Birth _____ 2026 License Number _____

| | | | | | | | | | | | |
|--------|--------------------------|--------|--------------------------|-------|--------------------------|-------|--------------------------|-------|--------------------------|---------|--------------------------|
| Female | <input type="checkbox"/> | 40-49 | <input type="checkbox"/> | 50-59 | <input type="checkbox"/> | 60-69 | <input type="checkbox"/> | 70-79 | <input type="checkbox"/> | 80+ | <input type="checkbox"/> |
| Male | <input type="checkbox"/> | Junior | <input type="checkbox"/> | Open | <input type="checkbox"/> | Walk | <input type="checkbox"/> | Run | <input type="checkbox"/> | NBRCSWD | <input type="checkbox"/> |

INDEMNITY / DISCLAIMER:

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 organizers of the event, 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.

 SIGNED _____ DATE _____

MINOR RELEASE:

And I theminor'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. Printed name of participant (parent/guardian in the case of a minor).

 SIGNED _____ Signed by a parent/legal guardian if the participant is under the age of 18 DATE _____

BREW TO BREW

PRIZE MONEY | 12KM Run and Walk

| | MEN/WOMEN JUNIOR | MEN/WOMEN OPEN | MEN/WOMEN 40-49 | MEN/WOMEN 50-59 | MEN/WOMEN 60-69 | MEN/WOMEN 70-79 | MEN/WOMEN 80+ | MEN/WOMEN WALK | MEN/WOMEN NBRCSWD |
|---|------------------|----------------|-----------------|-----------------|-----------------|-----------------|---------------|----------------|-------------------|
| 1 | R300 | R1000 | R300 | R300 | R300 | R300 | R300 | R300 | R500 |
| 2 | R250 | R700 | R250 | R250 | R250 | R250 | R250 | R250 | R300 |
| 3 | R200 | R500 | R200 | R200 | R200 | R200 | R200 | R200 | R200 |

12KM MEDALS

Gold – First 5 Women & 5 Men

Silver – Next 190 Runners

Bronze – Next 800 Runners

Elvis Brew 'Brew to Brew' Merch available at check out on EntryNinja!

PRIZES

First 3 men and 3 women in the Open Category get an Elvis Brew HAMPER sponsored by: Elvis Brew Co.
 Prizes for best dressed.

RACE NUMBER COLLECTION (ALL RUNNERS):

@ ELVIS BREW ON YORK
 6 & 7 August 2026 : 12:00PM – 15:00PM

LATE ENTRIES:

- 6 August 2026 12:00Pm to 15:00pm
- 7 August 2026 12:00Pm to 15:00pm

@ ELVIS BREW ON YORK

WHAT TO BRING TO REGISTRATION?

To ensure that your registration is processed quickly and efficiently, you are requested to bring the following to registration: 1] Your ID document, driver's license or passport. 2] Your race number confirmation SMS.

COLLECTING ON BEHALF OF SOMEONE:

If you want another person to collect on your behalf, they will be required to present a copy of your race number confirmation SMS as well as proof of identity.

NO BIB TIMING CHIP – NO RESULT!

www.elvisbrew.co.za