NMB 10km
CHOOSE TO CHALLENGE

nelson mandela bay MUNICIPALITY

Club: …… Licence No : ……

Best 10km Time in last 12 Months: hh……mm……..ss

Name of School if scholar: ……..……

Surname: ……..…… Name : ……

ID No: ……Date of Birth: …./…./…..

Gender: ……Age : …… Phone Cell : ……..……

Email Address: ……..……

Emergency contact: ……..…

Emergency number: ……..

10km	**R60.00**	**R…….**
Temporary License	**R40.00**	**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 IAAF 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;

Signature: ……..(Parent or Guardian if minor)

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Age restriction - Competitors must be 14 years of age or older on race day.

Starting time - The race starts at 07h00. The official cut off time is 08h40.

Medals - Medals to ALL finishers

Prize money for 10km Men & Women (Payments via EFT. No Cash on raceday)

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	1st	2nd	3rd	4th	5th	6th	7th	8th
	R	R	R	R	R	R	R	R
OPEN	6000	4000	3000	2500	2000	1500	1000	750
JUNIOR	1500	1000	750					
35-39	1500	1000	750					
40-49	1500	1000	750					
50-59	1500	1000	750					
60-69	1500	1000	750					
70+	1500	1000	750					

Prize money will be paid via EFT. Please check on the www.whereinpe.co.za/EP sport section for confirmation of position, and then email the EPA Office your bank details to epa@pe.co.za, stating your name, category, position and bank details. Age category tags must be worn to be eligible for prize money.

ENQUIRIES: For further information on the event, contact the EPA Office on 041 374 2818 or via email on epa@pe.co.za.

Athletes are required to leave the venue as soon as they have completed their event. No club Gazebo's allowed.

Strict Covid-19 Protocols are to be observed.

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RULES & GENERAL INFORMATION

- **Event is limited to 80 athletes, who upon receiving an invitation, can enter and pay at the EPA offices.**
- **Race numbers can be collected from the Westbourne Oval on Friday prior to the race between 09h00 and 14h00.** Out of town clubs and athletes are requested to send their entry form and proof of payment to EPA via email and make arrangements for the collection of numbers.
- Race held under the Rules of ASA and EPA. All athletes indemnify the National, Provincial and Regional Bodies, the Sponsors and the Organizers against all and any actions of whatsoever nature.
- Official 2021 license numbers to be worn on front and back of vest.
- Temporary license holders must wear a plain T-shirt or vest and display the license on the front of the T-shirt or vest.
- Temporary licensed athletes are not covered by ASA Insurance scheme.
- Age category tags to be worn to qualify for age category prizes.
- Entrants MUST be 14 years or older on the day of the race.
- Cut off time 100 minutes.
- There will be water stations along the route, no personal seconding. Water will not be handed to athletes but must be collected from the tables.
- No prize giving. Prize money to be paid by EFT the week after the event.
- Anti-litter campaign: Make use of the refuse bins along side the route. Littering outside the designated areas could lead to disqualification.
- Race officials and marshals are to be obeyed at all times.
- All runners run on the right-hand side of the road unless otherwise instructed by a marshall.
- Toilet facilities are available at the Start / Finish.
- The wearing of earphones may lead to disqualification.
- All athletes, officials and volunteers will be screened prior to the start of the race.
- No spectators or club gazebos will be allowed.
- Masks or similar face cover must be worn at all times except when running on the route.
- Athletes are required to proceed through the call area for screening at least 10 minutes before the start of the race. Athletes that fail the screening will be deferred to an isolation area and may not take part in the race.
- Please complete the Covid19 screening and indemnity form prior to arriving at the race and hand it in to the screening marshal before you enter the start block.
- The organizers 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.

EPA EASTERN PROVINCE ATHLETICS

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nelson mandela bay LEGACY PROJECT

CHOOSE TO CHALLENGE

Join us in September for our own Virtual Challenge – watch Social Media for info.

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In recognition with International Womens Day 2021, we choose to challenge you to celebrate women's achievements and thereby help create an inclusive world. From challenge comes change.

So lets all

CHOOSE TO CHALLENGE

07h00

SATURDAY 28 AUGUST 2021

Kings Beach, Gqeberha

Limited to 80 local invited participants as per Government Regulations

No Spectators - Strict Covid-19 Protocols