KARIEGA
30KM, 10KM & 5KM FUN RUN
HUMAN RACE

30km Prize Money - Men and Ladies							
Position	**Open**	**35-39**	**40-49**	**50-59**	**60-69**	**70+**	
1	R6 000	R1 500	R1 500	R1 500	R1 500	R1 500	
2	R4 000	R1 000	R1 000	R1 000	R1 000	R1 000	
3	R2 000	R750	R750	R750	R750	R750	
4	R1 000						
5	R500						

10km Prize Money - Men and Ladies							
Position	**Open**	**Junior**	**35-39**	**40-49**	**50-59**	**60-69**	**70+**
1	R1 000	R500	R500	R500	R500	R500	R500
2	R600	R300	R300	R300	R300	R300	R300
3	R400	R250	R250	R250	R250	R250	R250
4	R250	R150					
5	R150	R100					

Directions to start:

Drive along Uitenhage Road towards Despatch. Continue straight at crossing and proceed under the bridge. Turn left at Robots into Main Street and continue for 4km. Turn left into Tulbach Street and right into parking area.



KARIEGA 30KM, 10KM & 5KM FUN RUN HUMAN RACE

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30KM, 10KM & 5KM FUN RUN
HUMAN RACE

Saturday 19 March 2022

30km starts at 06h30
10km starts at 07h00
5km starts at 07h15

Despatch Rugby Club, Botha Street, Despatch

Organized in accordance with the rules of ASA and EPA

EPA PARTICIPATION LEAGUE EVENT

Relevant Covid-19 restrictions apply

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Enter online: http://webtickets.co.za

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ENTRY FORM

Tick the appropriate block: **30km (06h30)** ☐ **10km (07h00)** ☐ **5km (07h15)** ☐

Licence No : (30km & 10km) ☐☐☐☐☐ **Province:** ☐☐☐☐☐

Club in Full : _____

Surname: _____ **Name :** _____

ID No : _____ **Passport No. (If non-SA)** _____

Nationality: _____

Date of Birth: ____/___/____ **Gender:** _____ **Age:** _____

Cell no : _____ **Email :** _____

Emergency Contact: Name: _____ **Cell Nr:** _____

INDEMNITY / WAIVER

By entering this event I undertake to be bound by the rules and regulations of the event including those of World Athletics 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, property owners, 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. 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.

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.

ENTRY FEES

30km	**(60+ Athletes R70.00)**	**R140.00**	**R……**
10km	**(60+ Athletes R40.00)**	**R 80.00**	**R……**
Temporary License		**R 40.00**	**R……**
5km (No temp licence is required)		**R 30.00**	**R……**
Total			**R……**

Signature: ……(Parent or Guardian if minor) **Date entered: 2022/……/……**

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GENERAL RACE INFORMATION

1. Races will start at 06h30 (30km), 07h00 (10km) and 07h15 (5km) respectively.
2. Relevant Covid-19 restrictions will apply.
3. The start is at the Despatch Rugby Club, Botha Street, Despatch.
4. Organised in accordance with the rules and regulations of ASA and EPA. All athletes indemnify the National, Provincial and Regional bodies, sponsors and organizers against all and any actions of whatsoever nature.
5. Athletes must run in official club colours with the Official race number on the front of the vest and 2022 licence number on the front and back of the vest.
6. 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 the official race number on the front of the vest/T-shirt.
7. Age category tags must be worn on front and back of your vest if you wish to qualify for category prizes. Athletes may be requested to provide proof of age on race day.
8. Athletes must be at least 18 years or older for the 30km, 14 years or older for the 10km and 9 years or older for the 5km.
9. Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
10. The race committee reserves the right to accept or reject any entry.
11. Prize giving and club gazebo's will depend on the restrictions in place at the time of the event. Prize money will be paid via EFT.
12. Entries may be handed in at Brian Bands, The Footballer, Sportsmans Warehouse or UD Sports in Uitenhage. The closing date for pre-entries will be at 14h00 on Wednesday 16 March 2022. Online entries are available on www.webtickets.co.za until Tuesday 15 March 2022.
13. **Collection of race numbers (pre-entries) and late entries will be accepted at the EP Athletics office, Westbourne Oval, Westbourne Road between 14h00 and 18h00 on Friday 18 March 2022. A screening form must be handed in when collecting the race numbers. A wrist tag will be handed out and must be worn in order to gain entry to the holding area.**
14. **Race numbers can be collected on the morning of the event. Athletes are required to arrive well in advance to allow sufficient time for Covid-19 screening.**
15. **Holding areas will be demarcated per race number if multiple starts are required.**
16. **Multiple starts will be implemented if required by Covid-19 regulations.**
17. **An adult parent/guardian must complete the Covid screening form for minors.**
18. **There will be NO LATE ENTRIES on race day.**
19. The no seconding rule will apply for the 10km. Personal seconding on the 30km route at waterstations only, stand and hand rule applies.
20. All traffic Officials and marshalls must be obeyed.
21. The cut off time for the 30km is at 11h00 and 08h40 for the 10km.
22. There will be sufficient refreshment stations on the route and one refreshment station on the 5km route. Refuse bins will be provided along the route. Please discard used water sachets into or near to these bins. Littering may lead to disqualification.
23. Full results will be available on www.epathletics.co.za.
24. The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
25. Medals will be awarded to all finishers.
26. A refund policy is in place should the event be cancelled as a result of Disaster Management restrictions.

INFORMATION

For more information, contact Michael Mbambani (079 149 6796), Irene van Eeden (083 299 1775) or EP Athletics (041 3742818). Email epa@pe.co.za for more information.

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