General Rules and race information - 23 April 2022

1. Race will start at 07h00 (10km).
2. The start is at the Raymond Mhlaba Sport Centre in Motherwell.
3. 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.
4. 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.
5. 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.
6. Age category tags must be worn on front and back of your vest if you with to qualify for category prizes. Athletes may be requested to provide proof of age on race day.
7. Athletes must be at least 14 years or older for the 10km.
8. Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
9. The race committee reserves the right to accept or reject any entry.
10. Prize giving subject to Covid-19 regulations.
11. Entries may be handed in at Brian Bands. The closing date for pre-entries will be 20 April 2022. Online entries are available on www.webtickets.co.za.
12. Collection of race numbers (pre-entries) and late entries will be accepted from 16h00 until 19h00 on Friday 22 April 2022 at Westbourne Oval. No entries will be accepted on race day, collection only. Entry fees are non-refundable.
13. The no seconding rule will apply for the 10km.
14. All traffic Officials and marshals must be obeyed.
15. The cut off time for the 10km is 100 minutes.
16. 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.
17. Full results will be available on www.epathletics.co.za.
18. The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
19. For further information, contact Mike on 079 149 6796 or EPA 041 374 2818.
20. Gold medals for all finishers within the cut-off.
21. All pavements are out of bounds.
22. All prize monies will be paid via EFT.
23. Covid-19 restrictions apply.

Sport Impact Events | CHC-SA Concrete Floors | nelson mandela bay MUNICIPALITY

Celebrating 10 Years

Motherwell FREEDOM RUN 10KM

nelson mandela bay MUNICIPALITY

Saturday 23 April 2022

nelson mandela bay LEGACY PROJECT

1st 300 Entrants in the 10km will receive a free T-shirt

nelson mandela bay LEGACY PROJECT

Raymond Mhlaba Sport Centre in Motherwell

10km starts at 07h00

Covid-19 restrictions apply

EPA Participation League

EPA Eastern Province Athletics | nelson mandela bay MUNICIPALITY | Bukani print

Sport Impact Events | CHC-SA Concrete Floors

Motherwell FREEDOM RUN 10 KM

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Tick the appropriate block: 10km (07h00) ☐

Licence No : _____ **Temporary No:** _____

Club in Full : _____
(or school if scholar)

Surname: _____

Name : _____

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

ID No : _____

Cell no : _____

Email : _____

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;

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 proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

ENTRY FEES

10km	R100.00	R.....
10km (65+ Athletes)	R50.00	R.....
Temporary License (10km only)	R40.00	R.....
Total		R.....

nelson mandela bay LEGACY PROJECT

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

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

	1st	2nd	3rd	4th	5th
	R	R	R	R	R
OPEN	7000	4000	2500	1500	1000
JUNIOR	1500	800	500	300	200
35-39	1000	700	400		
40-49	1000	700	400		
50-59	1000	700	400		
60-69	1000	700	400		
70-79	1000	700	400		
80+	1000	700	400		
1ST EPA ATHLETE	1000	500	300		

10th Edition

EPA EASTERN PROVINCE ATHLETICS

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Sport Impact Events

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