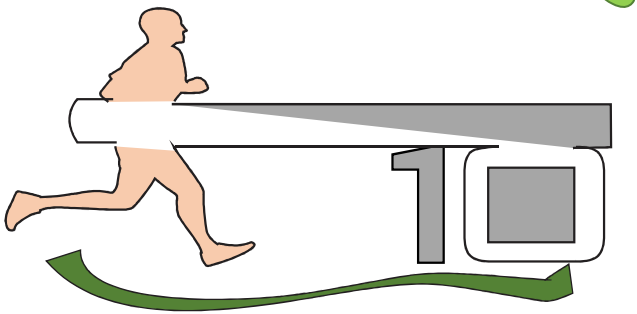
GENERAL INFORMATION

1. Start/Finish on premises of St Albans Correctional Services Rugby Field.
2. Starting times: **10km – 07h00**
3. Race entries may be collected/ handed in at Brian Bands (Cape Road), and UD sports including EPA offices on Mon/ Tues/ Fri Westbourne Oval. Closing date for all pre-entries on Wednesday 6 April 2022 (16:30):
4. A receipt slip may be required in the case of any discrepancy with pre-entries.
5. **Collection of race numbers (pre-entries) and late entries will be accepted from 14h00 until 18h00 on Friday 8 April 2022 at EPA offices and the morning of the race from 04h30 till 06h30 at St Albans Correctional Services Rugby field. (PRE-ENTRIES ONLY). Entry fees are non-refundable.**
6. Cut of time: 100 minutes (08:40).
7. Lucky draw **prizes available** at finishing line.
8. The minimum age for 10km is 14yrs on race day.
9. All runners run on the right hand side of the road, facing traffic.
10. All traffic officers & marshals shall be obeyed at all times.
11. Parking available at St Albans Correctional Services Rugby Field.
    Please do park at the designated parking area as directed be parking officials,
    Covid Screening to be done at race venue.
12. Athletes must run in official club colours with 2022 licence numbers on the front and back of the vest.
13. Unlicensed athletes in the 10km must purchase a temporary licence to be worn on the front of vest or a plain T-shirt.
14. Temporary licensed runners are not covered by ASA Insurance Scheme. Completion of the tear-off strip is compulsory. Temporary licenced runners are urged to join an affiliated club. Contact EPA for more information.041-374 2818
15. Race held under rules of ASA and EPA. Athletes indemnify the provincial & Regional Bodies, sponsors or Organisers against all & any action of whatsoever nature, arising out of their participation in the race.
16. Age category tags must be worn on front and back of your vest to be eligible for category prizes on race day and must be clearly visible.
17. There will be two refreshments stations on the 10 km route, Refuse bins will be provided up to 500m after the refreshment stations along the route. Please discard litter into these bins and not beyond the designated point. **Intentional littering may lead to disqualification.**
18. The no seconding rule will apply.
19. The wearing of earphones & headsets is not permitted due to safety reasons and will lead to disqualification.
20. Race Organisers reserve the right to accept or reject any entry
21. No gathering after the race event.
    All finishers after receiving medals and drink must leave the venue.
22. **Relevant Covid-19 restrictions will apply.**

Online Entries at WEBTICKETS.CO.ZA

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CORRECTIONAL SERVICES

10km Classic Road Race

EPA Participation League

9 April 2022

Organized by: St Albans Athletic Club

Enquiries JOHN 072 0209613
DELIWE 071 865 4050

Venue: St Albans Correctional Services Old Cape Road Greenbushes

Starting Times: 10km 07:00

EPA EASTERN PROVINCE ATHLETICS

mpact
smarter, sustainable solutions

nelson mandela bay MUNICIPALITY

webtickets your tickets your way

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ENTRY FORM

PLEASE TICK THE APPROPRIATE BLOCK:

10KM ☐

LICENCE NUMBER: _____ CLUB NAME IN FULL: _____

SURNAME: _____

FIRST NAME: _____

IDENTITY NUMBER : _____

DATE OF BIRTH: _____ Age: _____ Gender: M ☐ F ☐

Emergency Contact Name: _____

Emergency Contact Number _____

Email: _____

ENTRY FEE

10KM	R80-00	R
LICENCE ATHLETE 65 +	R40-00	R
TEMPORARY LICENCE	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 & 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 the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or cost relating to any injury, loss or damage of whatever nature, however caused, arising directly from the 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 organization 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: 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 the proper physical condition to participate in such activity and I enter into this indemnity/waiver on behalf of the minor.

..... SIGNATURE PARENT/GUARDIAND(if under 18)

SIGNATURE _____

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CATEGORY PRIZES

10 KM

		OPEN	JUNIORS	40-49	50-59	60-69	70+	
1ST	Male/ Female	R500	R100	R100	R100	R100	R100	
2ND	Male/ Female	R300	R80	R80	R80	R80	R80	
3RD	Male/ female	R200	R50	R50	R50	R50	R50	

LUCKY DRAW PRIZES

Lucky draw prizes available at all finishing point and will be hidden in special marked medals.

1O km Road Race

THANK YOU IN ADVANCE FOR YOUR PARTICIPATION
SEE YOU ALL THERE.

RACE START AT O7HOO
OLD CAPE ROAD ST ALBANS CORRECTIONAL SERVICES

IMPORTANT NOTICE

PLEASE NOTE THAT NO ALCOHOL IS ALLOWED ON THE CORRECTIONAL SERVICES PREMISES.

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