10KM					
OPEN MEN			**OPEN WOMEN**		
1ST R500	2ND R250	3RD R150	1ST R500	2ND R250	3RD R150
JUNIOR MEN			**JUNIOR WOMEN**		
1ST R200	2ND R100	3RD R50	1ST R200	2ND R100	3RD R50
40 + MEN			**40 + WOMEN**		
1ST R200	2ND R100	3RD R50	1ST R200	2ND R100	3RD R50
50 + MEN			**50 +WOMEN**		
1ST R200	2ND R100	3RD R50	1ST R200	2ND R100	3RD R50
60+ MEN			**60+WOMEN**		
1ST R200	2ND R100	3RD R50	1ST R200	2ND R100	3RD R50
70+ MEN			**70+WOMEN**		
1ST R200	2ND R100	3RD R50	1ST R200	2ND R100	3RD R50
80+ MEN			**80+WOMEN**		
1ST R200	2ND R100	3RD R50	1ST R200	2ND R100	3RD R50

MEDALS FOR 10KM ROAD RACE		
Gold Medal	First 10 Male	First 10 Female
Silver Medal	Next 20 Male	Next 20 Female
Bronze Medal Finishers Under 1hr 45 min & All 5km & 1Miler Finishers		

Directions to Start:

From La Roche Drive turn into Forest Hill Drive. Turn right and continue for 2.5km. Turn left into Access Road and continue for a further 3.4km.

From Strandfontein Rd, turn into Blackthone Road. Turn right into the Forest Hill Drive and continue for 1.91km.Turn left into Access Road and continue for a further 3.4km

IMPORTANT INSURANCE

Athletics registered with EPA are covered by a group personal accident insurance scheme while participating in the Road Race. Details are obtainable from your club or province. This cover does not extend to athletes with temporary licenses. Temporary licensed athletes are not covered by ASA Insurance Scheme, applicable for race day only. Completion of the tear off slip is compulsory and must be handed in at the finish. There will be a separate table for individual athletes to enter. "All Covid-19 Regulations will be observed

HOSTED BY SIBALEKA NANI A.C TOGETHER WITH PORT ELIZABETH AMATEUR ATHLETIC CLUB

RANDOM LUCKY DRAWS TO BE HANDED TO FINISHERS IN EACH EVENT

SIBALEKA NANI Athletics Club
NO MORE TURNING BACK
EST. 2021

HEALTHY LIFESTYLE RUN 2022

5KM 10KM

SAT, 23 JULY 2022

Off Forest Hill Drive, Qherberha

10KM START TIME: 07H00
5KM START TIME: 07H30

nelson mandela bay MUNICIPALITY

1880

SIBALEKA NANI
Athletics Club
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EST. 2021

ENTRY FORM

Tick the appropriate block: 10km (07h00) ☐ 5km (07h30) ☐

Licence No: 10km only _____ 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 fallest extent allowed in law, the organizers of the event, property owners, all sponsors, persons and organizatons assisting in the staging of the event, an 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		
10km	R80.00	R.....
5km	R40.00	R.....
Mile	R30.00	R.....
Temporary Licence (10km Only)	R40.00	R.....
Total		R.....

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

BANK DETAILS:
Nedbank Walmer Park (198765)
Account Name: Sibaleka Nani A.C
Current Account Number: 121 588 5148
Proof of Payment to be emailed to:
finance@sibalekananiac.co.za

HEALTHY LIFESTYLE RUN 2022

RULES

10KM ROAD RACE

* Full Club Colors to be worn during the race
* 2022 A.S.A License numbers to be worn on front and back of vest
* Temporary Licensed athletes to wear the issued number on the front of a plain vest or T-shirt
* Temporary license runners to produce proof of age on race day to qualify for category prizes
* Age identification must be worn on vest (back and front) to be eligible for category prizes
* The minimum age on the day of the race is 14 yrs
* Cut of time: 1 Hour 45 min (1h45)
* Distance markers every 1km
* There will be water points along the road. Please do not litter. Bins will be provided.
* No personal seconding allowed
* All walkers are welcome
* Prize Money will be paid by EFT

5KM ROAD RACE

* Bronze medals to all within cut-off time of 1 Hour 45 min
* No license is needed for the fun run
* Water at the 2.5km mark
* The minimum age on the day of the race is 8yrs (Unless accompanied by an adult)

GENERAL

* Race held under the rules of ASA and the EPA. Athletes indemnify the National, Provincial and Regional Bodies, Sponsors and Organizers against all and any action of whatsoever nature, whatever same may be, arising out of their participation in the race.
* All race officials and marshalls to be obeyed at all times
* All runners run on the right hand side of the road, or otherwise indicated.
* The wearing of earphones will lead to disqualification.
* Toilet facilities are available at the start /finish.
* Littering outside of the allocated disposal points may lead to disqualification.
* Entries close at the following sport shops on Wednesday 20 July 2022 @ 17h00 - Brian Bands, UD Sports and Action Sports, and online: webtickets.co.za
* Running Clubs entering in bulk to be Pre entries only. No bulk entries will be accepted on the morning of the race.
* Pre-Race Registration and late entries will take place at Driftsands D Building between 17h00 and 20h00 on the 22 July 2022 as well as from 05h00 to 06h30 on the race day.

IMPORTANT ROAD CLOSURE INFORMATION:

The access road to the start will be closed for traffic between 06h45 and 08h30. Thereafter, vehicles to leave will have one lane to leave the venue BUT please consider runners still finishing their event.

FOR FURTHER INFORMATION CONTACT:

Ms T Mlambo - 073 709 3708 chairperson@sibalekananiac.co.za
Ms N Zita - 073 058 2674 secretary@sibalekananiac.co.za
Mr S Thabethe - 076 888 3589 president@sibalekananiac.co.za (EMERGENCY CONTACT)

LUCKY DRAWS TO BE HELD DURING PRIZE GIVING

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