MEDALS
to all finishers

PRIZES

		OPEN	JNR	35-39	40-49	50-59	60-69	70+	5km
1	MALE / FEMALE	R2 000	R500	R500	R500	R500	R400	R400	R500
2	MALE / FEMALE	R1 500	R400	R400	R400	R400	R300	R300	R300
3	MALE / FEMALE	R1 000	R300	R300	R300	R300	R200	R200	R200
4	MALE / FEMALE	R600	R200	R200	R200	R200			
5	MALE / FEMALE	R400	R100	R100	R100	R100			

R1500 **KING & QUEEN OF THE HILL**
R1000 **2nd Place**
R500 **3rd Place**

LUCKY DRAW PRIZES

Win 1 of 10 Puma Running Shoe Vouchers

PLUS: Puma running gear to be WON!

Winners must be present at the draw to receive a prize should their name be drawn.
All entrants qualify for lucky draw prizes.







FREE
PUMA RUNNING SHIRT TO TO THE FIRST 300 ONLINE ENTRIES OF THE 21.1KM. RUNNING SOCKS OR SILICONE WATER BOTTLES TO THE FIRST 600 COLLECTIONS AT REGISTRATION.

BUCKET HATS TO THE FIRST 200 FINISHERS OF THE 21.1KM



PUMA

CLUB WITH MOST ENTRANTS GETS R3000 | R2000 TO THE 2ND CLUB | R1000 TO THE 3RD CLUB



LUCKY DRAWS: TEKKIE VOUCHERS UP FOR GRABS

EPA EASTERN PROVINCE ATHLETICS

CHARLO ATHLETIC CLUB

Starting times: 21.1km - 06h30 | 5km - 06h45

EPA & PRESTIGE LEAGUE PARTICIPATION EVENT

Galaxy BINGO
GAMING • ENTERTAINMENT

PUMA

Heartbreak Hill 2023

HALF MARATHON 21.1KM / 5KM | ENTRY FORM

PLEASE TICK THE APPROPRIATE BLOCK:

☐ MALE ☐ FEMALE ☐ 21.1KM ☐ 5KM LICENCE NUMBER:_____

SURNAME: _____

FIRST NAME: _____

CLUB IN FULL: _____

DATE OF BIRTH: _____

AGE ON RACE DAY: _____

ID NUMBER: _____

EMERGENCY CONTACT: _____ Nr: _____

I undertake to yield to traffic if I am still on the road after 3 hours and 30 minutes.

INDEMNITY/WAIVER

By entering this event I undertake to be bound by the rules and the 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 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.

SIGNATURE (PARENT IF UNDER 18)

_____

LICENSED ATHLETES 65 YEARS AND OLDER ENTER FOR A REDUCED PRICE IN 21.1KM ONLY

21.1 KM ENTRY FEE: R120.00 (65 + yrs Reduced Price R60.00)	R
5 KM ENTRY FEE: R40.00	R
TEMP. LICENCE (ONLY 21.1KM): R40.00	R
TOTAL	R

GENERAL RULES

1. Race held under the rules of ASA and the EPA. Athletes indemnify the National, Provincial and Regional Bodies, sponsors and organisers against all and any action of whatsoever nature, whatever same may be, arising out of their participation in the race.
2. Races will start and finish at the Italian Club, Harold Road, Charlo, Port Elizabeth. 21.1km - 06h30 & the 5km - 06h45 on Saturday 6 May 2023.
3. Prize giving and Lucky Draws will take place after the race at 09h30.
4. Athletes must run in official club colours with 2023 license number on the front and back of the vest. If a race number is supplied, it should be placed over the front licence number with ASA sponsors visible.
5. Temporary licence for 21.1km will be on sale at R40.00 for athletes who are not licensed members of a club affiliated to ASA. It must worn on the front of your vest/shirt. If a race number is supplied, the race number is to be placed on the front of the vest/shirt and the temporary number on the back.
6. Age category tags to be worn to qualify for age category prizes and medals. Runners using a temporary licence may produce proof of age on race day to qualify for prizes.
7. Competitors must be 16 years of age or older - 21KM ONLY. (9 Years of age or older 5km)
8. No personal seconding allowed.
9. The wearing of ear phones & head sets are not permitted due to safety reasons and will lead to disqualification.
10. All traffic officers and marshals must be obeyed at all times.
11. Runners still on the road after 3 hours and 30 minutes will be regarded as non-finishers.
12. Enter online at www.webtickets.co.za until Tuesday, 2 May 2023
13. Race entries can be handed in at Brian Bands, Cape Road & UD Sports in Kariega (Uitenhage)
14. Collection of race numbers (pre-entries) and late entries will be accepted at the Italian Club on Friday 5 May 2023 from 16h00 - 18h30, and on the morning 0f the race from 05h00 to 06h15.
15. Results will be available on the internet at www.epathletics.co.za
16. There will be water points +/-every 3 km and litter bins at every water point, please discard used water sachets into the nearest bin provided, intentional littering will lead to disqualification.
17. Toilets available. NO shower facilities.
18. Distance marker boards every 1 km
19. **General Enquiries:**
    Eusentha Pillay **084 665 0910** | Lisa Hen-Boisen **082 445 8866**

ENTER ONLINE AT WEBTICKETS.CO.ZA

web tickets

SCAN THIS QR CODE TO VISIT THE WEB TICKETS WEBSITE AND ENTER

