

## Prize Money

Category 15km	1st	2nd	3rd
OPEN MALE/FEMALE	R1000	R750	R500
JUNIOR MALE/FEMALE	R400	R300	R200
35-39 MALE/FEMALE	R400	R300	R200
40-49 MALE/FEMALE	R400	R300	R200
50-59 MALE/FEMALE	R400	R300	R200
60-69 MALE/FEMALE	R400	R300	R200
70-79 MALE/FEMALE	R400	R300	R200
80+ MALE/FEMALE	R400	R300	R200

Category 10km	1st	2nd	3rd
OPEN MALE/FEMALE	R500	R250	R200
JUNIOR MALE/FEMALE	R250	R200	R150
40-49 MALE/FEMALE	R250	R200	R150
50-59 MALE/FEMALE	R250	R200	R150
60-69 MALE/FEMALE	R250	R200	R150
70-79 MALE/FEMALE	R250	R200	R150
80+ MALE/FEMALE	R250	R200	R150

Category 5km	1st	2nd	3rd
GIFT VOUCHERS	R200	R150	R100

*NB: Prize for 5km only for under 14 years on the race day.*

**Lots of Goodies from our Sponsors**  
subject to availability

Online Entries are available on  
[www.entryninja.com](http://www.entryninja.com)

This is an EPA Participation League Event organised by  
Sibaleka Nani Athletics Club



# FOREST RUN CHALLENGE

**15KM**  
(06:30)

**10KM & 5KM**  
(06:30) (06:35)

**SAT, 16 NOV. 2024**

**SANDBF ARMY BASE, FOREST HILL SPORT GROUNDS,  
WILLOW DRIVE, GQEBERHA**

**MetroFibre**

**Willard Press** Mill Park



**TEKI BATHU CARE**



# FOREST RUN CHALLENGE 2024

## ENTRY FORM

Tick the appropriate block:      15km (06h30)      10km (06h30)      5km (06h35)

          

Licence No: \_\_\_\_\_ Province: \_\_\_\_\_

Club/ School 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, 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.

Signature : ..... (Parent or Guardian if minor)      Date entered: 2024/...../.....

	ENTRY FEES		
	15KM	10KM	5KM
Licence Athletes	R130.00	R110.00	R50 For All Athletes
Unlicensed Athletes	R180.00	R160.00	

Do you agree NOT to litter during the race and accept disqualification if reported for doing so? Yes \_\_\_\_\_

Signature: .....

### RULES

#### 15/10KM ROAD RACE

1. Race Organized in accordance with the rules and regulations of ASA and EPA
2. Spot Prizes will be given to all athletes that enter the race at Willard Xpress Mill Park, Mount Road, Gqeberha.
3. Competitors must be 14 years of age or older on the race day, The race start at 15km = 06h30, 10km = 06h30, 5km = 06h35
4. Athletes must run in official club colors with 2024 license numbers on the front and back of the vest and official race number on the front of the vest.
5. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporal license to be worn on the back of the vest or plain colored 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 wish to qualify for category prizes. Athletes may be requested to provide proof of age. Prize Winners must be dressed in their club colours (tracksuit/race apparel) during presentation.
7. Wearing of earphones are not allowed and may lead to disqualification.
8. The race committee reserves the right to accept or reject any entry.
9. The Prize Giving Will commence at 08h45
10. Manual Entries may be handed in at Brian Bands, The Footballer or UD Sports in Kariega. The closing date for pre – entries will be Tuesday 12 November 2024
11. Online Entries are available on [www.entryninja.com](http://www.entryninja.com) and online entries will close on Tuesday 12 November 2024 Midnight. Full results will be posted on [www.epathletics.co.za](http://www.epathletics.co.za)
12. Please support the anti – littering campaign and only discard sachets into or near bins provided along the route. Littering is an offence and may lead to disqualification.
13. Collection of race numbers will be on Friday 15 November 2024 at Army Base Forest Hill Sports Ground from 16h00-18h00 and in the morning of the race at 05h00 – 06h15. Entry fees are non-refundable.
14. The no seconding rule will apply. No private vehicles will be allowed on the route to second athlete.
15. There will be four refreshment stations on the 15km and three refreshment stations on the 10km and one refreshment station for 5km.
16. A receipt may be required in the case of any discrepancy with pre- entries.
17. Prize Money will be paid by EFT within 48 hours on receipt of winners' bank details.

#### 5km Run/Walk

The 5km run walk starts at 06h35. Cut off time 08h40. Race numbers must be attached to the vest or T shirt and be always visible. Competitors must be 9 years or older.

#### Medals

Gold medals to the first 5 men and ladies. Silver Medals to next 5 men and ladies and bronze medal to next 150 finishers with the cut-off time for 15km and 10km respectively.

#### Lucky Draw Prizes

All entrants are eligible and must be present to win.

**ENQUIRIES:** For further information on the event, contact Ms. Tutu Mlambo (073 709 3708) and for emergencies call Selby Thabethe (076 888 3589) WhatsApp (072 341 5660)

