

NELSON MANDELA BAY MUNICIPALITY LEGACY PROJECT

CROSS COUNTRY SERIES 2026



The Nelson Mandela Bay Municipality Legacy Cross Country Series will consist of 4 League Meetings, EPA Championships and National Championships.

The final programme for the EPA Championships will be circulated at the beginning of May. Please contact the EPA Office on epamanager@epathletics.co.za or by calling 041-374 2818 should you require further information.

LEAGUE	DATE	TIME	VENUE
1	23 MAY 2026	09:00	VARSVLEI;1 BAUBINA RD; SANCTOR
2	06 JUNE 2026	09:00	VICTORIA PARK, PORT ELIZABETH
3	11 JULY 2026	09:00	STRELITZIA PARK, UITENHAGE
4	18 JULY 2026	09:00	ST ALBANS CORRECTIONAL SERVICES
EPC	08 AUGUST 2026	08:00	EPA CC CHAMPIONSHIPS (NMU B-SOCCER FIELD)
SAC	5 SEPTEMBER 2026	07:00	ASA CC CHAMPIONSHIPS (PRETORIA; TSHWANE)



COMPETITION RULES

1. Athletes must compete in their respective club/school colours.
2. Athletes born later than 2020 will not be allowed to compete at this meeting.
3. Participants must arrive at the venue an hour before their event.
4. Athletes should report to the holding area 15 minutes before the scheduled starting time of their event and remain in the vicinity unless advised otherwise by the officials.
5. Only authorized vehicles will be allowed on the inside of the competition area.
6. Results and photographs/videos will be placed on the EPA Website/Facebook Page – www.epathletics.co.za
7. For more information, please contact the EPA Office between 08h00 and 15h00 Monday to Friday on 041-3742818 or via email on epamanager@epathletics.co.za.

ENTRY PROCEDURES

1. Online entries will be available via <https://www.webtickets.co.za/v2/event.aspx?itemid=1593159494>
2. Closing date for online entries will be the Wednesday before the scheduled race.
3. Schools/clubs with bulk entries must submit names on the prescribed excel sheet before close of business on the Tuesday before the scheduled event. Excel spreadsheet can be obtained from EPA office and must be returned on or before the due date accompanied by a proof of payment.
4. **No late entries on the day of the competition will be accepted.**
5. Athletes will receive a race number. No race number, no participation. Please do not alter/adjust race numbers in any way.
6. **Entry fees:**
R40.00 (Seniors/Age Categories 20 – 59yrs)
R20.00 (Grandmasters over 60yrs per item)
R20.00 All Juniors.

Unlicensed Senior athletes will be required to purchase a Temporary licence at R50.00 per day of competition.





PRIZE MONEY

Prize money has been allocated to the top 3 male and female athletes participating in the 10km and Open 4km. Prize money will be paid via EFT. No cash payments will be made on the day of the event.

	Series 1 - 4	
Pos	Open 10km (Male and Female)	Open 4km (Male and Female)
1	R500	R350
2	R400	R250
3	R300	R200

Additional prize money will be allocated to the top 3 male and female athletes participating in the Junior Men and Women event, as well as Men and Ladies u/23 4km. Prize money will be paid via EFT. No cash payments will be made on the day of the event.

	Series 1 - 4	
Pos	Junior (Male 8km) and Female 6km)	U/23 (Male and Female) 4km
1	R300	R300
2	R200	R200
3	R100	R100





PROGRAMME OF EVENTS

STARTING TIMES

PROGRAM: AGE CATEGORIES AND RACE SCHEDULING

<u>Race Nr</u>	<u>Starting Times</u>	<u>Distance</u>	<u>Age Categories</u>
1	09:00	10km	Senior Men/Women
		8km	Junior Men (Born 2007-2008); Men 35 – 59
		6km	Boys 16 yrs. (Born in 2010); Boys 17 yrs. (Born in 2009); Junior Women (Born 2007-2008); Men 60-74
		4km	All Age Category Woman 35 to 79+; Men 75+
2	10:00	3km	Boys 11 yrs. (Born in 2015); Boys 12 yrs. (Born in 2014); Girls 11 yrs. (Born in 2015); Girls 12 yrs. (Born in 2014); Girls 13 yrs. (Born in 2013)
3	10:20	1km	Boys 8yrs (Born 2018 or after); Girls 8 yrs. (Born 2018 or after);
4	10:30	2km	Girls 9 yrs. (Born in 2017); Girls 10 yrs. (Born in 2016); Boys 9 yrs. (Born in 2017); Boys 10 yrs. (Born in 2016)
5	10:50	4km	Boys 13 yrs. (Born in 2013); Boys 14 yrs. (Born in 2012); Boys 15 yrs. (Born in 2011); Girls 14 yrs. (Born in 2012); Girls 15 yrs. (Born in 2011); Girls 16 yrs. (Born in 2010); Girls 17 yrs. (Born in 2009);
			Senior Men/Women; Men/Women 23yrs (Born in 2003 or after)
6	11:10	2km	Allcomers Race No Time Frame

The EP Championships Program will be communicated at a later stage

Race Scheduling

<u>AGE GROUP</u>		<u>MEN/BOYS</u>		<u>LADIES/GIRLS</u>	
<u>AGE</u>	<u>YEAR OF BIRTH</u>	<u>DISTANCE</u>	<u>EVENT #</u>	<u>DISTANCE</u>	<u>EVENT #</u>
8	2018/19/20	1km	3	1km	3
9	2017	2km	4	2km	4
10	2016	2km	4	2km	4
11	2015	3km	2	3km	2
12	2014	3km	2	3km	2
13	2013	4km	5	3km	2
14	2012	4km	5	4km	5
15	2011	4km	5	4km	5
16	2010	6km	1	4km	5
17	2009	6km	1	4km	5
Junior	2007/08	8km	1	6km	1
U/23	2003/06	4km	5	4km	5
All Age Categories	Men 35 – 59 60 – 74, Men 74+ Ladies 35 – 79+	8km	1	4km	1
		6km			
		4km			
Senior Men/Ladies	Open	10km	1	10km	1
Senior Men/Ladies	Open	4km	1	4km	1
Allcomers	Open All Ages	2km	6	2km	6



League Competitions

The EPA Cross Country league will be divided into the following categories, with trophies available at the annual EPA Prize giving for the following:

PRESTIGE LEAGUE

A team will consist of 4 members per club for the Senior Men and Women, and 3 members per club/school for all other age groups

RULES

Clubs may enter as many athletes per age group as they wish. Team members for the various teams need not be specified. For example, the first four members of the Club will count towards the club's A Team, and the next four members will be the B Team.

An athlete may only score points in the event/age group in which he/she entered.

FORMAT OF LEAGUE

During each meeting, the winning order of the respective teams per age group will be determined by the number of penalty points obtained by each team. The team obtaining the least penalty points is the winner of that specific competition. The remaining team positions will be determined by their penalty points. Penalty points will be determined by finishing positions.

The League competition for each season is, however, not only determined by adding the penalty points obtained at each competition. The following system will be used:

- At the end of each age group competition, the number of complete teams participating in the specific competition will be determined.
- The winning teams will be awarded a point equal to the number of teams participating plus one.
- The remaining teams will be awarded points as per the position gained

See the following example:

A Senior Men's competition was run in which 10 complete teams participated.

The position of the teams according to penalty points is as follows:

<u>TEAM</u>	<u>PENALTY POINTS</u>	<u>LEAGUE POINTS</u>
Club A	2	11
Club B	19	9
Club C	20	8
Club D	23	7
Club E	25	6
Club F	30	5
Club G	35	4
Club H	40	3
Club I	45	2
Club J	50	1

League points obtainable at each meeting will differ from race to race, depending on the number of teams per age group competing. This system will ensure that the competition will remain interesting throughout the season. At the end of the season, every team's league points will be added to determine the league position for each team.

The following age group leagues will be contested during 2026:

MEN

Open Men 10km

Open Men 4km

Junior Men

Men 35-59

Men 75+

LADIES

Open Ladies 10km

Open Men 4km

Junior Women

Ladies 35+

PARTICIPATION LEAGUE

The emphasis of this competition is to encourage greater participation at meetings. All competitors from under 19 upwards (both male & female) will count towards points for their clubs. Points will be awarded for finishing positions within each race (see 1.2.9). The winning club will be the one with the most points in the five league competitions.



FORMAT OF LEAGUE

POSITION/S	POINTS
1-3	5
4-10	4
11-25	3
26 - 50	2
50 plus	1

INDIVIDUAL COMPETITIONS

MOST VALUABLE ATHLETE COMPETITION

RULES

After each Cross-Country competition, the most valuable athletes in each age group will be appointed. During the season's records of the best 10 athletes in each age groups will be kept.

The point allocation will be as follows:

POSITION	POINTS
1st	11
2nd	10
3rd	9
4th	8

up to the 10th position which will be allocated 1 point.

At the end of the season, prizes will be awarded to the winner of each age group.

Athletes competing for clubs that are not affiliated with EPA will not qualify for league points. The concerned athlete's position will be ignored for league purposes, and the necessary amendments will be made in the results.

To be eligible for selection for the EP Team for the National Championships athletes must:

- Compete at the EPA Cross Country Championships on **8 August 2026** or provide a valid reason for not being able to participate - this rule will be strictly applied;
- Participate in at least 2 (2 EPA League Events, or Alternatively 1 EPA League and 1 Out of Metropole League Event or Alternatively 2 Out of Town Leagues);
- Be a licenced member at ASA/EPA
- Obtained qualifying times does not ascertain you of a place in the team.
- Unregistered athletes, or athletes not registered with a club may be selected for the team but must register as an ASA/EPA licenced member before their selection is confirmed.
- Appeals: Appeals must be submitted in writing to the EPA office within 48 hours of the team announcement. Appeals will be reviewed by the Selection panel.
- After team announcement: Whatsapp group will be made to send out all important information such as acceptance letters, travel and accommodation arrangements.



Qualifying Times ASA Cross Country Championships

Gender	Age Group	Distance	Qualifying Time	Gender	Age Group	Distance	Qualifying Time
Girls	8	1	4.25	Ladies	Senior	4	15:45
Boys	8	1	4.10	Men	Senior	4	12:45
Girls	9	2	8.55	Ladies	Senior	10	41.00
Boys	9	2	8.25	Men	Senior	10	33.00
Girls	10	2	8.25	Ladies	35	4	17.30
Boys	10	2	8.05	Men	35	8	29.00
Girls	11	3	12.40	Ladies	40	4	18:30
Boys	11	3	11.45	Men	40	8	30.00
Girls	12	3	12.40	Ladies	45	4	18:30
Boys	12	3	11.25	Men	45	8	31.00
Girls	13	3	12.20	Ladies	50	4	19:00
Boys	13	4	14.55	Men	50	8	31:30
Girls	14	4	16.50	Ladies	55	4	19:00
Boys	14	4	14.30	Men	55	8	33:30
Girls	15	4	16:50	Ladies	60	4	19.30
Boys	15	4	14:30	Men	60	6	26:45
Girls	16	4	16:30	Ladies	65	4	21:30
Boys	16	6	20:45	Men	65	6	28:45
Girls	17	4	16:30	Ladies	70	4	26.00
Boys	17	6	20:45	Men	70	6	30:45
Ladies	Junior	6	23:45	Ladies	75	4	27.00
Men	Junior	8	27.00	Men	75	4	22:30
Ladies	U/23	4	15:45	Ladies	80	4	28:00
Men	U/23	4	13:20	Men	80	4	23:30