## ROAD CLOSURE AND PARKING

22. Full road closure will be implemented. Please consult the EPA Facebook page for more information.
23. No vehicles will be permitted on the route. Personal seconding may be done at the waterpoints within walking distance from the start/finish.
24. Parking will be available at the seaside accessible by crossing 8th avenue robots until 06h30.
25. Athletes that choose to park at the seaside will not be able to leave before 08h00.
26. Parking in all other areas are at your own risk.

## REPORTING TIMES AND CUT OFF TIMES

27. All 21.1km athletes to be at the start by 06h50 at the latest.
28. The Mass 5km race athletes must be on the seaside of the road and at the start before the main race starts at 07h00.
29. The cut-off time for the 21.1km is 3 hours 30 minutes.
30. 21.1km Athletes that have not reached the 17km mark in 02:50:00 (9h50) will be removed from the course. Any athlete that refuses to be withdrawn from the route will be in breach of event safety regulations and may face disciplinary charges.
31. The cut off for the 5km is at 08h15.

## REFRESHMENT STATIONS

32. Refreshment tables will be placed every 3km along the 21.1km route and will serve water sachets at all points and cups in coke from 9km onwards.
33. There will be one refreshment station on the 5km route.
34. Littering bins will be provided along the route up to 400m past the water point and at every km mark. Litter MUST be discarded into the bins. Intentional littering and littering in non-designated areas may lead to instant disqualification.

## EVENT RULES

35. The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
36. No music devices of any kind may be used during the event.
37. No prams allowed in the 21.1km event, and no dogs allowed in either of the events.
38. All Traffic Officials, Technical Officials and marshals must be obeyed.
39. Breach of any regulation or requirement may lead to instant removal or disqualification without appeal. The race organizer and safety officer have final decision in this regard.
40. It is every athlete's responsibility to read and comply with these requirements. No contraventions will be entertained.

## GENERAL RULES

41. Organized in accordance with the rules and regulations of World Athletics, ASA, and EPA.
42. All athletes indemnify the National, Provincial and Regional bodies, sponsors and organizers against all and any actions of whatsoever nature.
43. Race venue is an alcohol-free zone. Club gazebos are welcomed to be placed in the designated area at the race village.
44. All finishers will receive unique event medal (4th puzzle piece).
45. Full result and photographs will be available on www.mobiielite.com, or www.epathletics.co.za, or EPA Facebook page.

## INFORMATION

46. For more information, contact Michael Mbambani (079 149 6796), Irene van Eeden (083 299 1775), Genevieve Laycock (0607190984) or email to epamanager@epathletics.co.za.

nelson mandela bay MUNICIPALITY

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# NELSON MANDELA BAY HALF MARATHON

**Date : 27 June 2026**

**Venue : Pollock Beach**

**Time : 21km - 7:00am**
**5km - 7:10am**

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## GREAT PRIZES TO BE WON

**EPA Participation & PrestigeLeague**

Enter online at www.webtickets.co.za - Before Wednesday 24 June 2026

# NELSON MANDELA BAY HALF MARATHON

## SATURDAY 27 JUNE 2026

## MASS RACE

| Tick appropriate Distance | 21.1km @ 07h00 | | | | | | | | | 5km at 07h10 | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| FIRST NAME | | | | | | | | | | | | | | | | | |
| SURNAME | | | | | | | | | | | | | | | | | |
| ID NUMBER | | | | | | | | | | | | | | | AGE | | |
| PASSPORT NUMBER | | | | | | | | | | | | | | | | | |
| NATIONALITY | | | | | | | | | | | | | | | | | |
| DATE OF BIRTH | D | D | / | MM | / | Y | Y | Y | Y | GENDER : | | | MALE | | | FEMALE | |
| PROVINCE | | | | | | | | | | | | | | | | | |
| CELL NUMBER | | | | | | | | | | | | | | | | | |

### ATHLETE DETAILS - CLUB AND LICENCE INFORMATION

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| RUNNING CLUB | | | | | | | | | | | | | | | | | |
| 2026 LICENCE NO | | | | | | PROVINCE | | | | | | | | | | | |

### BEST TIME FOR SEEDING PURPOSES

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Best time - last 12 months: | | h | : | m | m | : | s | s | | Distance | | | | | | | |
| Race Name | | | | | | PROVINCE | | | | Date | | | | | | | |

### EMERGENCY INFORMATION

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| EMERGENCY CONTACT | | | | | | | | | | | | | | | | | |
| EMERGENCY NUMBER | | | | | | | | | | | | | | | | | |
| ALLERGIES: | | | | | | | | | | | | | | | | | |
| OTHER MEDICAL INFO: | | | | | | | | | | | | | | | | | |

### INDEMNITY

RULES AND REGULATIONS : ENTRANT UNDERTAKES TO ABIDE BY THE RACE RULES AND AGREE TO THEM AND NOT LITTER BY USING THE BINS PROVIDED.

All entrants agree that the information they have supplied is true and correct. That they are in good health, are physically fit and trained to participate in and understand the risk associated with the event. They agree to abide by all the rules and conditions of the event and accept that they enter and participate at their own risk, and indemnify the organizers, World Athletics, ASA and EPA, all sponsors and partners, volunteer groups, medical personal and any or all other parties from any direct or indirect loss or damage, however caused, arising from their participation in the event, or related event. They grant permission in terms of section 51 of the electronic communication transactions act 25 of 2002, to use their name, race information, photographs, video tapes, broadcasts, telecast in which they may appear free of charge. They accept that their personal information will remain confidential and consent to same being shared with the parties involved in the organization of the event for purposes of registration, timing, medical care, World Athletics rankings and promotional material. All entrants agree to observe rules and regulations, and if found to be in breach of protocol, accept disqualification and/or any other penalties or action taken against the participant.

| ACCEPT INDEMNITY | | I HAVE READ AND ACCEPT THE ABOVE INDEMNITY |
|---|---|---|

### PAYMENT

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 21.1KM ENTRY FEE (AGED 20 TO AGE 64) | | R | 2 | 0 | 0 | - | 0 | 0 |
| 21.1KM ENTRY FEE JUNIORS AND 65+ ATHLETES | | R | 1 | 0 | 0 | - | 0 | 0 |
| TEMPORARY LICENCE (21.1km only) | | R | | 5 | 0 | - | 0 | 0 |
| 5KM FUN RUN | | R | | 6 | 0 | - | 0 | 0 |
| TOTAL | | R | | | | - | | |
| PAYMENT RECEIVED: | DATE: | | | | / | | | / |

SIGNATURE (Guardian for persons under18):

## EVENT INFORMATION

1. The 12th edition of the NMB Half marathon will start at 07h00.
2. The Mass 5km run will start at 07h10.
3. The closing date for online entries will be 22h00 on Wednesday 24 June 2026. Online entries will be available on www.webtickets.co.za.
4. Collection of race numbers will be available in the Oyster Catcher venue on the 1st Floor of the Summerstrand Marine Hotel, Summerstrand, on Friday 26 June 2026 from 12h00 to 20h00, and on the morning of the event at the Marine Hotel between 05h00 and 06h30 only.
5. Substitutions can be submitted to race registration on Friday 26 June 2026 only. No email requests will be entertained. A R50 substitution fee will be charged. No substitutions permitted on the morning of the race.
6. Entries are limited to 2000 21.1km entries and 1000 5km entries. Updates on available entries will be posted on the EPA Facebook page.
7. The first 400 online entries received for the 21.1km event will receive a special Nike T-shirt. Limited Tshirts will be on sale at registration.
8. NO LATE ENTRIES WILL BE AVAILABLE ON RACE DAY.
9. The race number contains a chip and must under no circumstances be folded.
10. Athletes must run in official Club colours with the 2026 license numbers on the front and back of vest/t-shirt, and the official race number placed over the license number on the front of vest.
11. Athletes must be at least 16 years or older to participate in the 21.1km and 9 years of age for the 5km run.
12. Unlicensed runners must purchase a temporary license with their entry, to be worn on the back of attire. Invited / International athletes will be provided with the necessary temporary license as per ASA rules.
13. No timing for the 5km event.

## SEEDING AND STARTING BLOCKS

14. All Elite and invited athletes will be seeded and start in the front block.
15. Remainder of the athletes will be seeded into starting batches based on their qualifying time, with a maximum of 300 athletes per seeding block.
16. Timing will be done gun to mat.
17. Athletes must line up in the allocated seeding block.
18. Seeding blocks will close at 06h50.
19. Athletes arriving after 06h50 will be directed to the last batch.

## PRIZE MONEY 21.1KM

| Category | 1st | 2 nd | 3rd | 4th | 5th | 6th | 7th | 8th | 9th | 10th |
|---|---|---|---|---|---|---|---|---|---|---|
| Open | 40000 | 25000 | 20000 | 15000 | 12000 | 8000 | 6000 | 4000 | 2000 | 1500 |
| Junior | 3000 | 2000 | 1500 | 1000 | 750 | | | | | |
| 35-39 | 3000 | 2000 | 1500 | 1000 | 750 | | | | | |
| 40-49 | 3000 | 2000 | 1500 | 1000 | 750 | | | | | |
| 50-59 | 3000 | 2000 | 1500 | 1000 | 750 | | | | | |
| 60-69 | 3000 | 2000 | 1500 | 1000 | 750 | | | | | |
| 70+ | 3000 | 2000 | 1500 | 1000 | 750 | | | | | |

All prize money payments will be made via EFT within 30 days after clearance from the Provincial body is received. Age category athletes are required to wear the appropriate age flashes clearly visible on the front and back of the vest. Proof of identification may be requested.

## PRIZE GIVING

20. Prize giving will be held at the race venue at 10h00. All athletes to be on their respective club colours.
21. Everyone is eligible to win a lucky draw. Place your race numbers with names in the box provided!