NMB
CHOOSE TO CHALLENGE

Starting from Baywest Mall

Amazing lucky draws!

All entrants are eligible for a lucky draw and must be present to win!

Special race T-shirts

Free Tshirts will be available for the first 200 entries received online for either distance!

Limited Tshirts will be available for purchase on the day of registration on a first come first served basis.

PRIZE MONEY – 10KM MEN AND WOMEN

	1st	2nd	3rd	4th	5th
Open	R5000	R3000	R2000	R1000	R 750
Junior	R1000	R 750	R 500	R 300	R 200
35 – 39	R1000	R 750	R 500		
40 - 49	R1000	R 750	R 500		
50 - 59	R1000	R 750	R 500		
60 - 69	R1000	R 750	R 500		
70 - 79	R1000	R 750	R 500		
80+	R1000	R 750	R 500		

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Prize money will be paid via EFT. Age category tags must be worn to be eligible for prize money.

PARKING

The Registration area (Centre court), as well as the start & finish (Entrance 4) is accessible from all 4 entrances.



nelson mandela bay LEGACY PROJECT

EPA EASTERN PROVINCE ATHLETICS

BAYWEST MALL
THE PULSE OF THE BAY

nelson mandela bay MUNICIPALITY

NMB
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GENERAL RACE INFORMATION – NMB CHOOSE TO CHALLENGE STARTING FROM BAYWEST MALL

1. Races will start at 07h00 (10km), 07h15 (5km) and 08h40 (1km Kiddies Dash) respectively.
2. The start is at Baywest Mall Entrance 4.
3. Organised in accordance with the rules and regulations of ASA and EPA. All athletes indemnify the National, Provincial and Regional bodies, sponsors and organizers against all and any actions of whatsoever nature.
4. Athletes must display the official race number on the front of the vest/tshirt and 2026 licence number on the front and back of the vest.
5. Race numbers contain a chip and must not be bent or folded.
6. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the back of vest or plain coloured T-shirt, with the official race number on the front of the vest/T-shirt.
7. 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 on race day.
8. Athletes must be at least 14 years or older for the 10km and 9 years or older for the 5km.
9. Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
10. The race committee reserves the right to accept or reject any entry.
11. Club Gazebo's are welcome but not at the prize giving, which will be held in the Centre court at 09h00. It is recommended that prize winners wear their club colours during the award presentation. No 3rd party collection of prize money envelopes. If prize winners cannot be present, they can contact the EPA office on Monday morning after the event.
12. Online entries are available on www.webtickets.co.za
13. The closing date for all pre-entries will be at 17h00 on Wednesday 29 July 2026.
14. Collection of race numbers (pre-entries) and late entries will be accepted at the Baywest Mall Centre court between 13h00 and 18h00 on Friday 31 July 2026, and from 06h00 on the morning of the event.
15. The no seconding rule will apply for both events.
16. All traffic Officials and marshals must be obeyed.
17. The cut off time is at 08h40 for both events.
18. There will be two refreshment stations on the 10km route and one refreshment station on the 5km route. Refuse bins will be provided along the route. Please discard used water sachets into or near to these bins. Littering may lead to disqualification.
19. Full results will be available on www.epathletics.co.za.
20. The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
21. No prams/dogs are allowed on the 10km route.
22. No music devices of any kind may be used during the event.
23. Breach of any regulation or requirement may lead to instant removal or disqualification without appeal. The race organizer and safety officer have the final decision in this regard.
24. It is every athlete's responsibility to read and comply with these requirements.
25. Entries will be limited to 1550 10km entries, 500 5km entries and 200 1km kiddies dash entries.

INFORMATION

For more information, contact Michael Mbambani on 079 149 6796, Irene van Eeden on 083 299 1775, or contact EP Athletics (041 3742818) during office hours (Monday – Friday 09h00 – 15h00) or email epa@epathletics.co.za.

Organised in accordance with the rules of ASA and EPA
EPA PARTICIPATION LEAGUE

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ENTER ONLINE http://webtickets.co.za web tickets

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