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Bestmed Madibaz Athletics Club

21.1km, 10km & 5km Fun Run

EPA Prestige and Participation League Event



Saturday, 25 July 2026



Madibaz Stadium, South Campus, Summerstrand



07:00am 21.1km & 10km

07:30am 5km



Bernard Petersen 076 402 7317

Graham Terblanche 072 650 6551

- The first 100 online entries for 21.1km: free t-shirt
- The first 100 online entries for 10km: free t-shirt
- All T-shirts must be collected at Registration



Entry Form

Tick the appropriate block:

21.1km (07:00) ☐ 10km (07:00) ☐ 5km (07:30) ☐

2025 Licence No: _____ Club: _____

Surname: _____ Name: _____

ID No: _____ Date of Birth: ____/____/____

Gender: _____ Age: _____ Phone Cell: _____

Email Address: _____

Emergency Contact Name & No: _____

I agree NOT to litter during the race and accept disqualification, if reported for doing so? YES/NO Signature: _____

Race	Entry Fee	Amount Paid
21.1km	R 180.00	R
10km Run	R 120.00	R
10km/21km (60 + yrs)	R 80.00	R
10km/21km (16–19 yrs)	R 60.00	R
5KM Fun Run (No Temp License Required)	R 50.00	R
Temporary Licence	R 50.00	R
Late Entry Admin Fee 25 July '26	R 20.00	R
Total Paid		R

INDEMNITY/WAIVER: By entering this event I undertake to be bound by the rules and regulations of the event including those of WA 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 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.

Signature: _____ (Parent or Guardian if minor): _____

21.1KM & 10KM	5KM
Race starts at 07:00	Race starts at 07:30
Official cut off time is 08:40 for 10km and 10:30 for 21.1km	Official cut off time is 09:30
Competitors must be 14 years or older on race day for 10km and 16 or older for 21.1km	Competitors must be 9 years or older on race day
<p>Relevant ASA rules shall apply</p> <p>All entrants are eligible for lucky draw prizes and must be present to claim the prizes!</p> <p>Prizes for top 3 Male & Female in the 5km</p>	

Prize Money for the 21.1km Race - Men & Women					
Category	1st	2nd	3rd	4th	5th
Open	R2500	R1500	R1000	R750	R500
Junior	R500	R400	R300		
35-39	R500	R400	R300		
40-49	R500	R400	R300		
50-59	R500	R400	R300		
60-69	R500	R400	R300		
70+	R500	R400	R300		

Prize Money for the 10km Race- Men & Women			
Category	1st	2nd	3rd
Open	R1200	R800	R600
Junior	R400	R300	R200
35-39	R400	R300	R200
40-49	R400	R300	R200
50-59	R400	R300	R200
60-69	R400	R300	R200
70+	R400	R300	R200

General Race Information

1. Organized in accordance with the rules and regulations of EPA and ASA.
2. Athletes must display the 2026 license numbers on the front and back of the vest/shirt and official race number placed over the race number with ASA advertising visible.
3. 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.
4. Temporary licensed athletes are not covered by ASA Group Insurance and are therefore encouraged to join an EPA affiliated club.
5. Age category tags must be clearly visible 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.
6. Wearing earphones is not allowed and may lead to disqualification.
7. The race committee reserves the right to accept or reject any entry.
8. The Prize Giving will commence at 10:30. Prize Winners must wear their club colors (tracksuits/running apparel).
9. A late entry Admin Fee of R20 will be charged for entries on the day of the race for the 10 and 21.1km races.
10. Entries may be handed in at Brian Bands, Sportsmans Warehouse, Action Sports Summerstrand, UD Sports Kariega. The closing date for pre-entries will be 22 July 2026. Online entries available on www.webtickets.co.za and will close on 22 July 2026 at 12:00 (midday).
11. Collection of race numbers (pre-entries) and entries will be accepted at the Madibaz Indoor Sports Centre, South Campus from 16:00 until 19:00 on Friday 24th July 2026 and from 05:30 to 06:45 on race day. Card facilities will be available for late registration.
12. Entry fees are non-refundable, and no substitutions will be allowed
13. The no seconding rule will apply. No private vehicles will be allowed on the route to second athletes.
14. There will be sufficient refreshment stations on the 21.1km, 10km and 5km route.
15. Anti-Littering rules apply. Refuse bins will be provided along the route. Please discard used water sachets into or near to these bins.
16. A tog bag storage facility will be available at registration.
17. The venue is an alcohol-free zone.
18. Full results will be available on www.epathletics.co.za.