ACT
ATHLETICS CLUB

presents

Khulasande 10km Charity Run

10km, 5km & 1km*

Saturday 22 August 2026

10km starts at 07h00

5km starts at 07h15

1km starts at 08h45

Linkside High School

Organized in accordance with the rules of ASA and EPA

EPA Participation League

T-shirts available to the first 80 entries received for the 10km

Enter online: https://webtickets.co.za

EPA
EASTERN PROVINCE ATHLETICS

***1km run for Toddlers only**

Khulasande sports development · GYD · South African National Parks · Unite Against Poaching · SRCC · BAYGAS · HIMOINSA A YANMAR COMPANY SOUTHERN & EAST AFRICA · Compendium Insurance Brokers · Thobela Thoba Athletics Academy · aQuellé

Tick the appropriate box: 10km (07h00) ☐ 5km (07h15) ☐ 1km (08h45) ☐

Licence No.: _____ **Temporary No.:** _____

Club in Full: _____
(or school if scholar)

Surname: _____

Name(s): _____

Date of Birth: _____ **Gender:** _____ **Age:** _____

ID No.: _____

Cell No.: _____

Email: _____

Emergency Contact: _____ **Contact No:** _____

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; **I agree NOT to litter during the race and accept disqualification if reported to do so**

MINOR RELEASE: and 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.

ENTRY FEES

Licensed athlete 10km	**R130.00**	**R……**
Licensed athlete 10km (65+ Athletes)	**R60.00**	**R……**
TEMPORARY LICENSE	**R50.00**	**R……**
5km	**R60.00**	**R……**
1KM	**R40.00**	**R……**
TOTAL		**R……**

Signature: …… (Parent or Guardian if minor)

Date entered: 2026 / …. / ….

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General Rules and Race Information – 22 August 2026

1. Race will start at 07h00 for 10 km, 07h15 for 5 km, and 08h45 for the 1 km.
2. The start is at Linkside High School (Wychwood Ave, Mill Park) sports field at the track.
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 run in official club colours with the Official race number on the front of the vest and 2026 license number on the front and back of the vest.
5. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the back of the vest or plain coloured T-shirt, with the official race number on the front of the vest/T-shirt.
6. Age category tags must be worn on the front and back of the vest if you want to qualify for category prizes. Athletes may be requested to provide proof of age on race day.
7. Athletes must be at least 14 years or older for the 10 km.
8. Athletes must be at least 9 years or older for the 5 km.
9. Athletes must be 8 years and younger for the 1 km.
10. Registered athletes are covered by a group personal insurance scheme, Temporary licensed athletes have no cover and are urged to join an affiliated club.
11. The race committee reserves the right to accept or reject any entry.
12. Prize giving will take place at 09h00.
13. Club kit must be worn at the prize giving.
14. Entries may be handed in at Brian Bands. The closing date for pre-entries will be 18 August 2026 midnight. Online entries are available on www.webtickets.co.za.
15. Collection of race numbers (pre-entries) and late entries will be accepted from 15h00 – 18h00 on Friday 21 August 2026 at Linkside High School. Late entries will be accepted on race day until 06h00. Entry fees are non-refundable.
16. No seconding rule will apply for the 10km.
17. All traffic Officials and marshals must be obeyed.
18. The cut off time for the 10 km is 100 minutes (08h40).
19. There will be sufficient refreshment stations on the route and one refreshment station on the 5 km 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.
20. Full results will be available on the EPA website at www.epathletics.co.za.
21. The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
22. For further information, please contact Thobela on 073 333 2728, Thandeka on 065 835 9284 or Sinovuyo on 067 495 3162
23. Medals for all finishers within the cut-off time.
24. Breach of any regulation or requirement may lead to instant removal or disqualification without appeal. The race organiser and safety officer have the final decision in this regard. It is every athlete's responsibility to read and comply with these requirements.
25. I agree NOT to litter during the race and accept disqualification if reported to do so

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PRIZE MONEY FOR 10KM MEN & WOMEN

	Open	Junior	35-39	40-49	50-59	60-69	70+
1st Prize	R500	R300	R300	R300	R300	R300	R300
2nd Prize	R300	R200	R200	R200	R200	R200	R200
3rd Prize	R200	R150	R150	R150	R150	R150	R150

5km & 1km Toddlers Run

1st, 2nd, and 3rd Prize Hampers for Female & Male Winners

SPONSORED BY:

GRASSROOTS YOUTH DEVELOPMENT

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BAYGAS

THOBELA THOBA ATHLETICS ACADEMY
FROM GRASSROOTS TO GREATNESS

HIMOINSA
A YANMAR COMPANY
SOUTHERN & EAST AFRICA

South African NATIONAL PARKS

Compendium INSURANCE BROKERS
Proudly Bidvest

Proceeds from the 5 and 10 km races will go towards:

Khulasande
wonder kids

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