

1. Organised in accordance with the rules and regulations of ASA and EPA.

2. Athletes must run in official club colours with 2017 licence numbers on the front and back of the vest and official race number on the front of the vest.

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 licenced athletes are covered by ASA group insurance applicable for race day only and it is compulsory to complete the temp number tear off strip and hand in to registration tables.

5. Age category tags must be worn on front and back of your vest if you wish to qualify for category prizes.

6. Prize winners may be requested to provide proof of age.

7. Wearing of earphones are not allowed and may lead to disqualification.

8. The race committee reserves the right to accept or reject any entry.

9. The Prize Giving will commence at 09h00.

10. Entries may be handed in at Brian Bands, The Footballer, Action Sports, Sportsworld or Brocketts in Uitenhage. The closing date for pre-entries will be Wednesday 1 November 2017.

Online entries are available on www.whereinpe.co.za and online

entries will close on Tuesday 31 October 2017. EFT payments only. Full results will also be posted on this website.

11. No cheques will be accepted.

12. Collection of race numbers (pre-entries) and late entries will be accepted at the race venue from 05h30 on the morning of the race. Entry fees are non-refundable. No registration on the Friday evening.

13. The no seconding rule will apply.

No private vehicles will be allowed on the route to second athletes.

14. There will be three 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.

15. A receipt slip may be required in the case of any discrepancy with pre-entries.

16. A tog bag storage facility will be available.

17. No alcohol may be brought onto the premises.



COLCHESTER

Development Run

SATURDAY 4 NOVEMBER 2017
Mackay Bridge Angling Club
COLCHESTER

Starting times: 10km – 07:00
5km – 07:30



nelson mandela bay
M U N I C I P A L I T Y



T-SHIRTS TO THE FIRST 100 ENTRIES

EPA PARTICIPATION LEAGUE EVENT

Organized by EPA

GREAT LUCKY DRAW PRIZES !!





ENTRY FORM

Tick the appropriate block: 10km (07h00) 5km (07h30)

2017 Licence No :

Club:

Name of School if scholar:

Surname: Name :

ID No: Date of Birth:/...../.....

Gender: Age : Phone Cell :

Email Address:

I declare that I will abide by the rules of ASA and EPA and will obey traffic officers and officials at all times. I am medically fit and participate at my own risk and will not hold ASA, EPA, host club or sponsors liable for any claim, loss or injury incurred as a result of my participation in the event.

10km	R50.00	R.....
10km (60 – 69 years)	R30.00	R.....
10km (70 years or older)	FREE	R.....
Temporary License	R30.00	R.....
5km Run/Walk	R20.00	R.....
Total		R.....

Signature:(Parent or Guardian if minor)



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M U N I C I P A L I T Y

10km road race

Competitors must be 14 years of age or older on race day. The race starts at 07h00. The official cut off time is 09h00.

5km Family Run

The 5km Family run starts at 07h30. Cut off time is at 09h00. Race numbers must be attached to vest or T-shirts and be visible at all times. Competitors must be 9 years or older.

Medals

10km - Gold medals to the first 5 men and ladies as well as the winners of the different age categories. Silver medals will be awarded to the next 150 athletes and bronze medals to all finishers within the cut-off for the 10km races.

5km - Medals to ALL finishers in the 5km event.

Lucky Draw Prizes

All entrants are eligible and must be present to win!

Prize money for 10km - Men & Women

	1 st	2 nd	3 rd	4 th	5 th
Open	R1500	R1000	R700	R500	R300
Junior	R 500	R 300	R200		
35 – 39	R 500	R 300	R200		
40 - 49	R 500	R 300	R200		
50 - 59	R 500	R 300	R200		
60 - 69	R 500	R 300	R200		
70+	R 500	R 300	R200		
Walkers	R 500	R 300	R200		

ENQUIRIES: For further information on the event, contact Michael on 0791496796 or EPA Office on 041 374 2818

DIRECTIONS AND PARKING:

From PE, continue towards Colchester, once you cross the bridge at Sundays River, turn right. Turn right again and follow directions to the Mackay Bridge Angling Club.



SUPPORT THE MAYORAL SHOE BANK
Bring your old running shoes for the collection box!



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M U N I C I P A L I T Y



Nelson Mandela Bay Municipality



@NMBmunicipality



www.nelsonmandelabay.gov.za