

#### General race Information:

1. Organised in accordance with the rules and regulations of ASA & EPA.
2. Athletes must run in official club colours with 2017 licence numbers on the front and back of the vest with race number on the front.
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.
4. Age category tags must be worn on front and back of your vest if you wish to qualify for category prizes. Proof of age may be requested.
5. The race committee reserves the right to accept or reject any entry.
6. The Prize Giving will be at 10h15 at Kings Beach grass area.
7. Entries may be handed in at Brian Bands, The Footballer, Action Sports, Sportsworld, Sportsmans Warehouse or Brocketts in Uitenhage. The closing date for pre-entries will be Wednesday 16 August 2017.
8. Online entries available on [www.whereinpe.co.za/sport/](http://www.whereinpe.co.za/sport/)
9. Collection of race numbers (pre-entries) and late entries will be accepted from 16h30 until 19h00 on Friday 18 August 2017 at Kings Beach Lifesaving club and from 06h00 on the morning of the race. Entry fees are non-refundable.
10. The no seconding rule will apply.
11. There will be two refreshment stations on the 10km route and one refreshment station on the 5km route.
12. Athletes indemnify National, Provincial, Regional bodies, Sponsors and Organisers against any actions of whatever nature arising out of participation in these events.
13. Traffic officials and marshals to be obeyed at all times.
14. A receipt slip may be required in the case of any discrepancy with pre-entries.
15. A tog bag storage facility will be available.
16. Wearing of earphones are not allowed and may lead to disqualification.
17. Full results will be available [www.whereinpe.co.za](http://www.whereinpe.co.za).
18. Temporary runners are covered by ASA group insurance applicable for race day only. Completion of the tear-off strip is compulsory.

#### RECORD INCENTIVE

R10000.00 on offer for a new EP Senior Record and R1500.00 on offer for age group records by registered EP Athletes



Eastern Province Athletics in partnership with

NELSON MANDELA BAY MUNICIPALITY PROUDLY PRESENTS

# DIVA RUN 2017

Exclusively For Women

- 10km women's run/walk 8:30
- 5km fun run/walk 8:00
- 1.5km kiddies run/walk (Boys also welcome) 7:30
- Start and finish: Kings Beach
- T-shirts to first 1000 entries

Enter online [www.whereinpe.co.za](http://www.whereinpe.co.za)

19 AUGUST 2017

Sport Impact Events



nelson mandela bay MUNICIPALITY



# ENTRY FORM

Tick the appropriate block:

10km (08h30)  5km (08h00)

Licence Nr ..... 1.5km Kiddies Run (07h30)

Club /School in Full : .....

Surname: ..... Name : .....

Date of Birth: ...../...../..... Gender: ..... Age: .....

ID No: .....

Cell no : .....

Email:.....

I declare that I will abide by the rules of ASA and EPA and that I participate at my own risk. I will not hold the organisers or sponsors responsible for any loss or injury incurred during the race.

10km R50.00 R.....  
 10km (65 years or older) R25.00 R.....  
 Temp License (10km only) R30.00 R.....  
 5km Family Run R30.00 R.....  
 1.5km Kiddies Dash R10.00 R.....  
 Total R.....

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



### 1.5km Kiddies dash

Competitors must be under 9 years of age on race day. The kiddies dash starts at Kings Beach at 07h30. The official cut off time is at 08h00. Parents are encouraged to walk with their children. Participants to stay on marked path at all times.

### 5km road race

Competitors must be 9 years of age or older on race day. The race starts at Kings Beach at 08h00. The official cut off time is 09h00. Participants are to obey marshalls at all times.

### 10km Run

The 10km run starts at 08h30 at Kings Beach. Competitors must be 14 years of age or older on race day. Cut off time is at 10h00. Race numbers are to be worn on the front of the vest. Temporary numbers are to be worn on the back of the vest. Age category tags are required to be eligible as prize winners. Proof of age may be required for temporary athletes and junior athletes.

### Medals

Gold medals to the first 10 ladies. Silver medals will be awarded to the next 200 athletes and bronze medals to all finishers within the cut-off for the 10km races. 1.5km Kiddie dash and 5km participants will receive medals.

**ALL CATEGORY WINNERS MUST PLEASE ATTEND PRIZE GIVING. NO THIRD PARTY COLLECTIONS OF ENVELOPES!**

### Prize money for 10km

	OPEN	JUNIOR	35-39	40-49	50-59	60-69	70+	WALKER
1ST	R10000	R1000	R1000	R1000	R1000	R1000	R1000	R1000
2ND	R7500	R750	R750	R750	R750	R750	R750	R750
3RD	R5000	R500	R500	R500	R500	R500	R500	R500
4TH	R2500							
5TH	R1000							
6TH	R900							
7TH	R800							
8TH	R700							
9TH	R600							
10TH	R500							



**ENQUIRIES:** For further information, contact Irene van Eeden (0832991775 or 041-3671650) or EPA Office on 041-3742818

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

