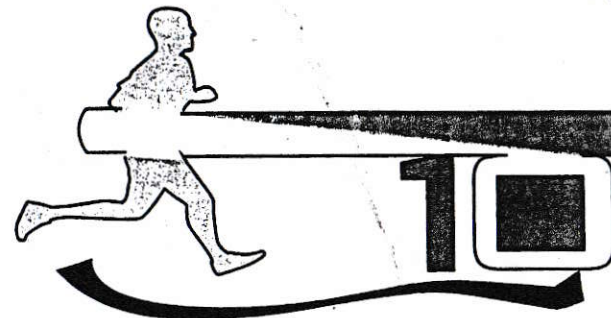


## GENERAL INFORMATION

1. Start/Finish on premises of St Albans Correctional Services Rugby Field.
2. Starting times: **07h00 am**
3. Race entries may be collected/ handed in at Brian Bands (Cape Road), Uitenhage at UD Sports. Closing date for all pre-entries on Wednesday 20 March 2024 at 16:30). Alternatively enter online [www.webtickets.co.za](http://www.webtickets.co.za)
4. A receipt slip may be required in the case of any discrepancy with pre-entries.
5. **Collection of race numbers (pre-entries) and late entries will be accepted from 15h00 until 18h00 on Friday 22 March 2024 at EPA offices and the morning of the race from 04h30 till 06h30 at St Albans Correctional Services Rugby field. All entries non- refundable.**
6. Cut of time: 100 minutes (08:40).
7. Lucky draw **prizes available** at finishing line.
8. The minimum age for on race day is 14 yrs.
9. All runners run on the righthand side of the road, facing traffic.
10. All traffic officers & marshals must be obeyed at all times.
11. Parking available at St Albans Correctional Services Rugby Field.  
**Please do park at the designated parking area.**
12. Athletes must run in official club colours with 2024 licence numbers on the front and back of the vest.
13. Unlicensed athletes must purchase a temporary licence to be worn on the front of vest or a plain T-shirt.
14. Temporary licensed runners are not covered by ASA Insurance Scheme. Completion of the tear-off strip is compulsory. Temporary licenced runners are urged to join an affiliated club. Contact EPA for more information.041-374 2818
15. Race held under rules of ASA and EPA. Athletes indemnify the provincial & Regional Bodies, sponsors or Organisers against all & any action of whatsoever nature, arising out of their participation in the race.
16. Age category tags must be worn on front and back of your vest to be eligible for category prizes on race day and must be clearly visible.
17. There will be two refreshments stations at km at 3 & 7 km. Refuse bins will be provided up to 500m after the refreshment stations along the route. Please discard litter into these bins and not beyond the designated point. Intentional littering may lead to disqualification.
18. The no seconding rule will apply.
19. The wearing of earphones & headsets is not permitted due to safety reasons and will lead to disqualification.
20. Race Organisers reserve the right to accept or reject any entry.
21. Gatherings are allowed before and after the race event, also Gazebos allowed.

Online Entries at [WEBTICKETS.CO.ZA](http://WEBTICKETS.CO.ZA)

# correctional Services



## CORRECTIONAL SERVICES 10km Road Race

EPA Participation League

**23 March 2024**

Organized by: St Albans Athletic Club

Enquiries John 072 0209613  
Malakhi 073 1629128  
we

TIME: 07h00

Venue: St Albans Correctional Services, Old Cape Road, Greenbushes



# ENTRY FORM

DISTANCE 10km

LICENCE NUMBER: \_\_\_\_\_ CLUB NAME IN FULL: \_\_\_\_\_

SURNAME: \_\_\_\_\_

FIRST NAME: \_\_\_\_\_

IDENTITY NUMBER: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M ☐ F ☐

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Number \_\_\_\_\_

Email: \_\_\_\_\_

## ENTRY FEE

10KM	R100-00	R
LICENCE ATHLETE 65 +	R40-00	R
TEMPORARY LICENCE	R50-00	R
TOTAL		R

## INDEMNITY/WAIVER

By entering this event, I undertake to be bound by the rules and regulations of the event including those of WA & 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 the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or cost relating to any injury, loss or damage of whatever nature, however caused, arising directly from the 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; The organization agree that all personal information requested on the form is for the use of the event only and will not be distributed to any third party.

**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 the proper physical condition to participate in such activity and I enter into this indemnity/waiver on behalf of the minor.

..... SIGNATURE PARENT/GUARDIAN (if under 18)



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## CATEGORY PRIZES

### 10 KM

		OPEN	JUNIORS	40-49	50-59	60-69	70+	
1 <sup>ST</sup>	Male/ Female	R600	R150	R150	R150	R120	R100	
2 <sup>ND</sup>	Male/ Female	R400	R120	R100	R100	R100	R80	
3 <sup>RD</sup>	Male/ female	R300	R80	R70	R70	R70	R70	

## LUCKY DRAW PRIZES

**Lucky draw prizes available at all finishing point and will be hidden in special marked medals.**

10 km  
Road  
Race

THANK YOU IN ADVANCE FOR YOUR PARTICIPATION  
SEE YOU ALL THERE.

RACE START AT 07H00  
OLD CAPE ROAD ST ALBANS CORRECTIONAL SERVICES

## IMPORTANT NOTICE:

**PLEASE NOTE THAT NO ALCOHOL IS ALLOWED ON THE CORRECTIONAL SERVICES PREMISES.**

**ALL CLUB GAZEBO'S ARE WELCOME.....**



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