

ELITE / PROVINCIAL / CONTENDERS RULES AND QUALIFYING CRITERIA

20. Non Provincial athletes that wish to be eligible to be seeded as a Contender, must be able to fulfil the qualifying criteria listed in the table.
21. Any athlete that needs to be considered as an Elite or Contender for prize money must enter by Friday 17 May 2024.
22. **Contender status is a privilege afforded to athletes that meet the criteria in the table. Please ensure that your contender application is complete. Failure to do so may result in your application being rejected.**
23. Contenders must prove a performance of either 21.1km or an equivalent 10km between October 2023 and May 2024.
24. As per World Athletics rules, timing will be gun to Mat for Elite, Contenders and Provincial athletes.
25. Elite/Provincial/Contenders must abide by all World Athletics advertising and shoe regulations and may be subjected to Anti-doping control.
26. The top three male and female finishers as well as top three South African Men and Women will require to attend a medal presentation immediately after finishing. A prize giving for age groups will be held at 10h00 at the race venue.
27. Elite, ASA Championships athletes and contenders will receive two race numbers and are therefore not required to wear licence numbers.
28. Athletes accepted as contenders are encouraged to attend the Athletes Technical Meeting to be held at 17h00 Friday 31 May 2024 in the Oyster Catcher, 1st Floor, Summerstrand Marine Hotel.
29. SAMA medals will be available for every 5 year age group and all South African licenced athletes over 35 years of age will be eligible provided that they are entered as Contenders.

Category	Men	Ladies
Senior	01:13:00	01:30:00
35 - 39	01:15:00	01:35:00
40 - 44	01:17:00	01:40:00
45 - 49	01:20:00	01:45:00
50 - 54	01:26:00	01:50:00
55 - 59	01:32:00	02:00:00
60 - 64	01:40:00	02:05:00
65 - 69	01:50:00	02:10:00
70+	02:00:00	02:20:00
Junior	01:20:00	01:50:00

REFRESHMENT STATIONS

30. Refreshment tables will serve water sachets and cups with coke.
31. Refuse Bins will be provided along the route up to 300m past the water point. Litter **MUST** be discarded into the very large areas. Intentional littering and littering in non-designated areas, may lead to instant disqualification.

GENERAL RULES

32. Organised in accordance with the rules and regulations of a World Athletics, ASA and EPA. All athletes indemnify the National, Provincial and Regional bodies, sponsors and organizers against all and any actions of whatsoever nature.
33. All Traffic Officials, Technical Officials and marshals must be obeyed. Breach of any regulation or requirement may lead to instant removal without appeal. The race organiser and safety officer have final decision in this regard.
34. The wearing of earphones or headsets is not permitted due to safety reasons and may lead to disqualification.
35. Race venue is an alcohol free zone. Club gazebo's are welcomed to be placed in the designated area at the race village.
36. It is every athletes responsibility to read, and comply with these requirements. No contraventions will be entertained.
37. All finishers will receive an event medal.
38. Full result and photographs will be available on www.mobielite.com, or www.eathletics.co.za, or EPA Facebook page.

ROAD CLOSURE

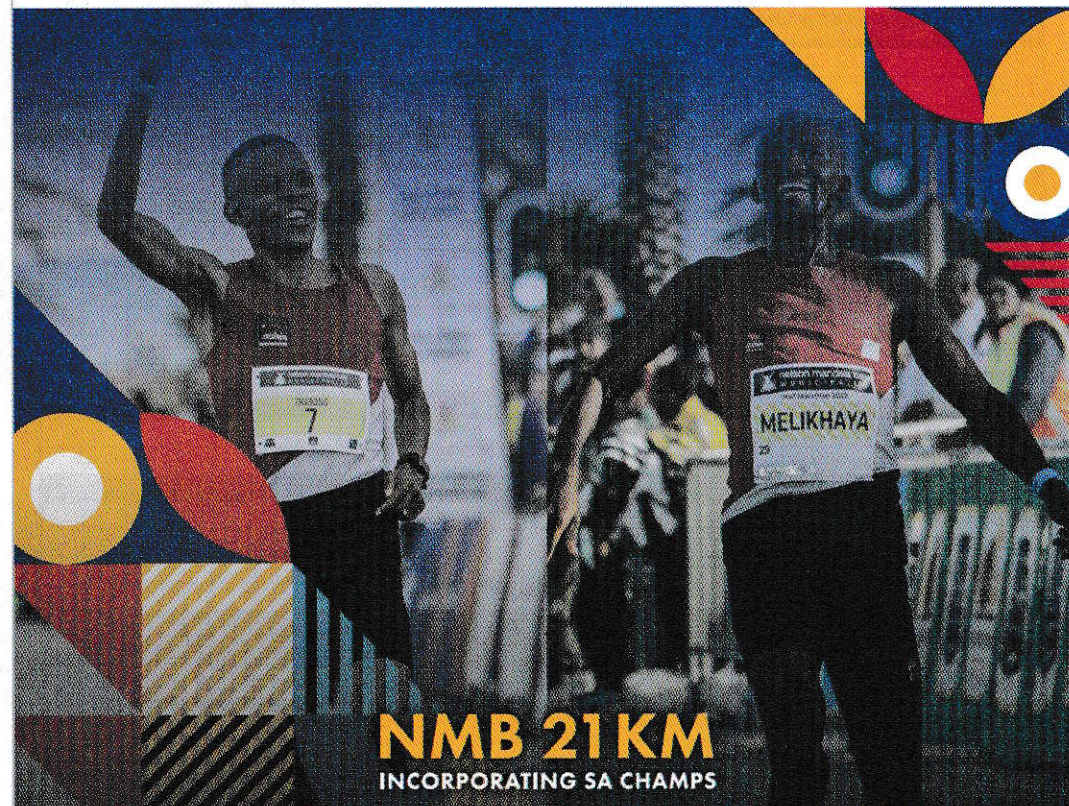
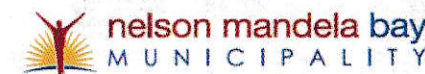
39. Roads for the 21.1km will be closed from 05h00 starting from Driftsands Drive along Marine Drive to the back entrance of NMU, as well as Admiralty Road from University Way.

INFORMATION

40. For more information, contact Michael Mbambani (079 149 6796), Irene van Eeden (083 299 1775), EP Athletics (041 374 2818) or email to epa@pe.co.za.



10th EDITION



NMB 21 KM
INCORPORATING SA CHAMPS

SATURDAY - 1 JUNE 2024

POLLOCK BEACH • SUMMERSTRAND

TIME - 07h00

FIRST 600 ONLINE ENTRIES RECEIVED WILL RECEIVE A FREE  T-SHIRT

ENTER ONLINE AT WWW.WEBTICKETS.CO.ZA BEFORE MONDAY 27 MAY 2024 OR AT LOCAL SPORT SHOPS

EPA PARTICIPATION LEAGUE





NELSON MANDELA BAY HALF MARATHON

SATURDAY 1 JUNE 2024

Do you consider yourself as a Contender for Prize Money for the 21.1km? - Yes No

If yes, then qualifying time is compulsory for Elite/Contender status.

Would you like to be seeded: Yes No If yes, then qualifying time is compulsory

BEST TIME LAST 12 MONTHS:

10KM h h : m m : s s 21.1KM h h : m m : s s

EVENT NAME												EVENT DATE	/	/
FIRST NAME												AGE		
SURNAME														
ID NUMBER														
PASSPORT NUMBER														
NATIONALITY														
DATE OF BIRTH	D	D	/	MM	/	Y	Y	Y	Y	GENDER :	MALE	FEMALE		
PROVINCE														
CELL NUMBER														
EMAIL ADDRESS														

ATHLETE DETAILS - CLUB AND LICENCE INFORMATION

RUNNING CLUB													
2024 LICENCE NO												PROVINCE	

EMERGENCY INFORMATION

EMERGENCY CONTACT											
EMERGENCY NUMBER											
ALLERGIES:											
OTHER MEDICAL INFO:											

INDEMNITY

RULES AND REGULATIONS : ENTRANT UNDERTAKE TO ABIDE BY THE RACE RULES AND AGREE TO THEM

All entrants agree that the information they have supplied is true and correct. That they are in good health, are physically fit and trained to participate in and understand the risk associated with the event. They agree to abide by all the rules and conditions of the event and accept that they enter and participate at their own risk, and indemnify the organizers, World Athletics, ASA and EPA, all sponsors and partners, volunteer groups, medical personal and any or all other parties from any direct or indirect loss or damage, however caused, arising from their participation in the event, or related event. They grant permission in terms of section 51 of the electronic communication transactions act 25 of 2002, to use their name, race information, photographs, video tapes, broadcasts, telecast in which they may appear free of charge. They accept that their personal information will remain confidential and consent to same being shared with the parties involved in the organization of the event for purposes of registration, timing, medical care, World Athletics rankings and promotional material. All entrants agree to observe rules and regulations, and if found to be in breach of protocol, accept disqualification and/or any other penalties or action taken against the participant.

ACCEPT INDEMNITY I HAVE READ AND ACCEPT THE ABOVE INDEMNITY

PAYMENT

21.1KM ENTRY FEE (AGED 20 TO AGE 59)	R	2	0	0	-	0	0
21.1KM ENTRY FEE JUNIORS AND 60+ ATHLETES	R	1	0	0	-	0	0
TEMPORARY LICENCE	R	5	0	-	0	0	
TOTAL	R						

PAYMENT RECEIVED: DATE: / /

SIGNATURE (Guardian for persons under18):



HALF MARATHON PRIZE MONEY

Prize Money is only available to Invited Elite, ASA Championships and athletes who enters and qualify as Contenders

Men & Women	1st	2nd	3rd	4th	5th	6th	7th	8th
Open	R100 000	R50 000	R25 000	R17 000	R12 000	R8 000	R6 000	R4 000
Junior	R4 000	R2 500	R1 500					
35-39	R4 000	R2 500	R1 500					
40-49	R4 000	R2 500	R1 500					
50-59	R4 000	R2 500	R1 500					
60-69	R4 000	R2 500	R1 500					
70+	R4 000	R2 500	R1 500					
EPA Lic Athlete	R4 000	R2 500	R1 500	R1 000	R 500			



Prize money for 21.1km (All Prize money will be paid via EFT within 30 days of clearance having been received from Athletics South Africa. No cash prize money will be paid to athletes. ID Documents are needed for category winners. The prize money is for the open race and any additional prize money for ASA Championships will be subject to the same clearance rules.

Athletes are required to wear their full Provincial/Club tracksuit at prize giving. Athletes not present without prior arrangements may forfeit their prize money.

ENTRIES AND REGISTRATION

- The closing date for online and manual entries will be 17h00 on Monday 27 May 2024. Online entries will be available on www.webtickets.co.za, Brian Bands Sports and Sportsmans Warehouse.
- Collection of race numbers as well as late entries, will be available in the Oyster Catcher venue on the 1st Floor of the Summerstrand Marine Hotel, Summerstrand on Friday 31 May 2024 from 10h00 to 20h00.
- The first 600 entries received ONLINE will receive a special Nike T-shirt. Tshirt sizes can not be guaranteed and will be handed out on a first come first serve basis.
- NO LATE ENTRIES WILL BE AVAILABLE ON SATURDAY MORNING 1 JUNE 2024.**
- COLLECTION OF NUMBERS ON THE MORNING OF THE EVENT AT THE HOTEL BETWEEN 05H00 AND 06H30 ONLY.**
- The race number contains a chip and must under no circumstances be folded.
- Athletes must be licensed members of a club affiliated to ASA.
- Athletes in the mass event must run in official Club colours with the 2024 licence numbers on the front and back of vest/tshirt, and the official race number placed over the licence number on the front of the vest.
- Unlicensed runners must purchase a temporary licence with their entry, to be worn on the back of attire. Invited / International athletes will be provided with the necessary temporary license as per ASA rules.
- Athletes must be at least 16 years or older to participate in the 21.1km.
- Timing will be done mat to mat, except for Provincial / Elite and Contenders (see point 26)
- The cut off time for the 21.1km is 3 ½ hours.
- Athletes that are being overtaken by the overall winners before reaching the finish gantry on the first lap, will be asked to pass the gantry on the land side of the road. Athletes that have not reached the 14km mark in 02:20:00 (09h20) will be asked to leave the course.**

SEEDING AND STARTING BLOCKS

- All Elite and Provincial athletes and approved contenders must ensure the correct Age Tag is clearly visible on the front and back of their vests. These athletes will have unique numbers allowing a seeded start ahead of the mass event. Only athletes with unique numbers and correct age tags are eligible for prize money.
- Elite/Provincial/approved contenders must report to the call room not later than 06h40 and will have a separate warm up area.
- All athletes that enter before Friday 17 May 2024 will be seeded according to qualifying time, with a maximum of 200 per seeding block. All late entrants, irrespective of ability, will be allocated to the last seeding block.

STARTING TIME

- The 21.1km race will start at 07h00 from Pollock beach.
- There is a strict protocol for line up and start. ALL runners will be required to abide 100% to this process. Any contravention will bring instant disqualification from any start official.
- NOTE: late starters will NOT be allowed and will be removed from the route.**

