

**MEDALS**  
to all finishers



## PRIZES

|   | 21.1KM        | OPEN   | JNR  | 35-39 | 40-49 | 50-59 | 60-69 | 70+  |
|---|---------------|--------|------|-------|-------|-------|-------|------|
| 1 | MALE / FEMALE | R2 000 | R500 | R500  | R500  | R500  | R400  | R400 |
| 2 | MALE / FEMALE | R1 500 | R400 | R400  | R400  | R400  | R300  | R300 |
| 3 | MALE / FEMALE | R1 000 | R300 | R300  | R300  | R300  | R200  | R200 |

|   | 10KM          | OPEN | 40-49 | 50-59 | 60-69 | 70+  | JNR  | 5km                      |
|---|---------------|------|-------|-------|-------|------|------|--------------------------|
| 1 | MALE / FEMALE | R800 | R400  | R300  | R300  | R300 | R500 | R300 Brian Bands Voucher |
| 2 | MALE / FEMALE | R500 | R300  | R200  | R200  | R150 | R300 | R200 Brian Bands Voucher |
| 3 | MALE / FEMALE | R300 | R200  | R150  | R150  | R150 | R300 | R100 Brian Bands Voucher |

|                       |   |
|-----------------------|---|
| R1000<br>R750<br>R500 | <b>KING &amp; QUEEN OF THE HILL</b><br>2 <sup>nd</sup> Place<br>3 <sup>rd</sup> Place |
|-----------------------|---|

**FREE**  
FREE RUNNING  
SHIRT TO THE  
FIRST 100 ONLINE  
ENTRIES OF  
THE 21.1KM



**RUNNING CAPS  
OR PEAKS TO  
THE FIRST 100  
COLLECTIONS AT  
REGISTRATION**



ENTER ONLINE  
AT [WEBTICKETS.CO.ZA](http://WEBTICKETS.CO.ZA)  
web tickets

## Heartbreak Hill

21.1km, 10km & 5km Fun Run

17 MAY 2025

Hosted by



**FREE**  
FREE RUNNING SHIRT  
TO THE FIRST 100 ONLINE  
ENTRIES OF THE 21.1KM.  
RUNNING CAPS OR  
PEAKS TO THE FIRST  
100 COLLECTIONS AT  
REGISTRATION

Start & Finish: Italian Club, Harold Road, Charlo



**CHARLO ATHLETIC CLUB**



Starting times: 21.1km - 06h30 | 10km - 06h45 | 5km - 07h00

**EPA LEAGUE PARTICIPATION EVENT**

**Galaxy** BINGO  
GAMING • ENTERTAINMENT

**nelson mandela bay**  
MUNICIPALITY

# Heartbreak Hill 2025

## HALF MARATHON 21.1KM / 10KM / 5KM | ENTRY FORM

PLEASE TICK THE APPROPRIATE BLOCK:

☐ MALE ☐ FEMALE

☐ 21.1KM ☐ 10KM ☐ 5KM

LICENCE NUMBER: \_\_\_\_\_

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

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

CLUB IN FULL: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

AGE ON RACE DAY: \_\_\_\_\_

ID NUMBER: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ Nr: \_\_\_\_\_

I undertake to yield to traffic if I am still on the road after 3 hours and 30 minutes.

Do you agree to NOT litter during the race and accept disqualification if reported for doing so? Yes \_\_\_\_\_ No \_\_\_\_\_

### INDEMNITY/WAIVER

By entering this event I undertake to be bound by the rules and the 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 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; 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.

SIGNATURE (PARENT IF UNDER 18) \_\_\_\_\_

LICENSED ATHLETES 65 YEARS AND OLDER ENTER FOR A REDUCED PRICE IN 21.1KM ONLY

|  |   |
|--|---|
| 21.1 KM ENTRY FEE: R150.00 (65 + yrs Reduced Price R75.00) | R |
| 10 KM ENTRY FEE: R100.00 (65 + yrs Reduced Price R50.00)   | R |
| 5 KM ENTRY FEE: R50.00                                     | R |
| TEMP. LICENCE (21.1KM & 10KM): R50.00                      | R |
| TOTAL  | R |

### GENERAL RULES

1. Race held under the rules of ASA and the EPA. Athletes indemnify the National, Provincial and Regional Bodies, sponsors and organisers against all and any action of whatsoever nature, whatever same may be, arising out of their participation in the race.
2. Races will start and finish at the Italian Club, Harold Road, Charlo, Port Elizabeth. 21.1km - 06h30, 10km 06h45 & 5km at 07h00 on Saturday, 17 May 2025.
3. Prize giving and Lucky Draws will take place after the race at 09h30.
4. Athletes must run in official club colours with 2025 license number on the front and back of the vest. If a race number is supplied, it should be placed over the front licence number with ASA sponsors visible.
5. Temporary licence for 21.1km & 10km will be on sale at R50.00 for athletes who are not licensed members of a club affiliated to ASA. It must worn on the front of your vest/shirt. If a race number is supplied, the race number is to be placed on the front of the vest/shirt and the temporary number on the back.
6. Age category tags to be worn to qualify for age category prizes and medals. Runners using a temporary licence may produce proof of age on race day to qualify for prizes.
7. Competitors must be 16 years of age or older - 21KM, 10KM 16 years of age or older & 5KM 9 Years of age or older.
8. No personal seconding allowed.
9. The wearing of ear phones & head sets are not permitted due to safety reasons and will lead to disqualification.
10. All traffic officers and marshals must be obeyed at all times.
11. Runners still on the road after 3 hours and 30 minutes will be regarded as non-finishers.
12. Enter online at [www.webtickets.co.za](http://www.webtickets.co.za) until 12h00 on Wednesday, 14 May 2025.
13. Race entries can be handed in at Brian Bands, Cape Road & UD Sports in Kariega (Uitenhage)
14. Collection of race numbers (pre-entries) and late entries will be accepted at the Italian Club on Friday 16 May 2025 from 16h00 - 19h00, and on the morning of the race from 05h00 to 06h15 for the 21.1km, 05h00 to 06h30 for the 10km and 05h00 - 06h45 for the 5km.
15. Results will be available on the internet at [www.epathletics.co.za](http://www.epathletics.co.za)
16. There will be water points +/- every 3 km and litter bins at every water point, please discard used water sachets into the nearest bin provided, intentional littering will lead to disqualification.
17. Toilets available. NO shower facilities.
18. Gazebos will be allowed.
19. Distance marker boards every 1km.
20. **General Enquiries:**  
Eusentha Pillay **084 665 0910**

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**WEBTICKETS.CO.ZA**

**web tickets**

