

PRIZES*

10km Male/Female

	1 st	2 nd	3 rd
Open	R500	R350	R250
Junior	R350	R250	R150
35 - 39	R350	R250	R150
40 - 49	R350	R250	R150
50 - 59	R350	R250	R150
60 - 69	R350	R250	R150
70+	R350	R250	R150

5km Male / Female

1st to 3rd

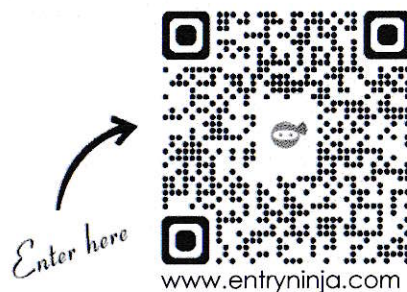


Hampers

* Prize winners are required to wear their club colours during the awards presentation.

Medals to the first 1,000 finishers under cut-off

Limited entries, enter now to avoid disappointment



www.entryninja.com

IN ACCORDANCE WITH ASA & EPA RULES & REGULATIONS
#REMEMBER TO RUN CLEAN



ASPEN_AC

AspenAC



SATURDAY, 29 NOVEMBER 2025

RUN & WALK

PARTICIPATION LEAGUE EVENT

10KM

06:00

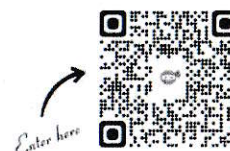
5KM

06:15

PROTEA CHILD CARE CENTRE

Blackthorn Avenue, Forest Hill, Qqeberha

ONLINE EARLY BIRD LUCKY DRAWS



www.entryninja.com

ENTRY FORM

PLEASE TICK THE APPROPRIATE BOXES:

Distance	<input type="checkbox"/> 10km <input type="checkbox"/> 5km	Gender	<input type="checkbox"/> Female <input type="checkbox"/> Male
Licence number	<input type="text"/>		
Club/Corporate/School	<input type="text"/>		
Surname	<input type="text"/>		
First name	<input type="text"/>		
ID number / Passport number	<input type="text"/>		
Date of birth	<input type="text"/>		
Cellphone	<input type="text"/>		
E-mail	<input type="text"/>		
Emergency contact's name	<input type="text"/>		
Emergency contact's number	<input type="text"/>		

INDEMNITY/WAIVER

By entering this event, I agree to abide by all rules and regulations, including those of WA and ASA. I confirm that I am in good health, fully aware of the physical risks and dangers associated with this sporting event, and do not claim ignorance of these risks. I accept that my participation is entirely at my own risk, and I hereby release and discharge, to the fullest extent permitted by law, the event organisers, sponsors, individuals, and organisations involved in staging the event, as well as provincial and national athletics bodies and local authorities, from any responsibility, liability, or costs related to any injury, loss, or damage, regardless of how it is caused, arising directly or indirectly from my participation in the event, including pre- and post-race activities. I agree that if, at any time, I believe the conditions to be unsafe, I will immediately discontinue my participation. **Furthermore, I agree not to litter during the event and understand that I may be disqualified if I do so.**

MINOR RELEASE

As the parent and/or legal guardian, I understand the nature of athletic activities and am aware of the minor's experience and capabilities. I believe the minor is qualified, in good health, and in proper physical condition to participate in this activity. I hereby enter into this indemnity/waiver on behalf of the minor.

SIGNATURE (ATHLETE/GUARDIAN)

Distance	Fee	Total
10km	R120	<input type="text"/>
Temporary Licence (10km ONLY)	R50	<input type="text"/>
5km	R60	<input type="text"/>
Donation towards Protea Child Care Centre		<input type="text"/>
Total		<input type="text"/>

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 arising out of their participation in the race.
2. Race will start at and finish at the Protea Childcare Centre, Blackthorn Avenue, Forest Hill, Gqeberha, 10km and 5km at 06:00 and 06:15 respectively on Saturday, 29 November 2025.
3. 2025 License number are to be worn on the front and the back of the vest with the official race number placed over the license number on the front with ASA sponsored logos visible.
4. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the back of a plain coloured shirt, with the official race number on the front of the shirt.
5. Temporary licensed athletes are not covered by ASA insurance and are urged to join an affiliated club. Contact Mark Goddard +27 84 260 4238 for more information on joining the Aspen Pharmacare Athletics Club.
6. Age category tags to be worn to qualify for age category prizes. Temporary runners may also be required to produce proof of age on race day to qualify and can only qualify for open category prizes.
7. The minimum age for the 10km is 14 years old and 5km is 9 years, unless accompanied by an adult.
8. All traffic officers and marshals must be obeyed at all times.
9. No personal seconding allowed.
10. Official cut-off time for the 10km and 5km is 07h40.
11. **Late entries and pre-registration (collection of race numbers)** will be at the Protea Childcare Centre on **Friday, 28 November 2025 from 17h00 to 19h00.**
12. Late registration will remain open until capacity is reached, and race number collection will be available on the 29 November 2025, from 05h00 to 06h00.
Closing for pre-entries is on Tuesday, 25 November 2025 online at www.entryninja.com and by 14h00 at Brian Bands Sports, Cape Road, Newton Park.
13. Results available on <https://epathletics.co.za/events-results/>
14. The wearing of earphones & headsets is not permitted due to safety reasons and will lead to disqualification.
15. Please discard used water sachets or any unwanted items into the dedicated bins. Littering could lead to disqualification.
16. Enquiries: Mark Goddard +27 84 260 4238 or Yolanda Sidwaba +27 76 387 2863.

COMPETITION RULES

1. PRIZES are not redeemable for cash.
2. Prize giving will commence no later than 08:00 on 29 November 2025.
3. The Promoter and their delivery agent do not accept responsibility or liability for any loss or damage and will also not be responsible or liable for any further expenses or fees required for the purpose of using, applying or enjoying the prize won in this competition.
4. Participation in this competition constitutes acceptance to comply with the competition rules, terms and conditions.