



General Race Information:

- 15km Road race starts at **06h00** and the cut off time is 08h15.
- Competitors for the 15km must be 15 years of age or older on the day.
- 5km Family run starts at **06h20** and the cut off time is 08h00.
- Competitors must be 9 years or older on race day.
- Entries may be handed in at Brian Bands, The Footballer, Action Sports, Sportsworld and Sportsmans Warehouse and online on <https://www.zsports.co.za/vukani> . The closing date for pre-entries will be **Wednesday 20 November 2024**.
- Collection of race numbers (pre-entries) and late entries will be accepted at the race venue from 17h00 until 19h00 on **Friday 22 November 2024** and from **05h00 on the morning of the race**. Entry fees are non-refundable.
- Organised in accordance with the rules and regulations of ASA and EPA.
- Athletes must run in official club colours with the **2024** Licence numbers on the front and back of the vest and the official race number/ tag on the front of the vest.
- Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the front of vest or plain coloured T-shirt, with the official race number/tag on the front of the vest/T-shirt.
- Temporary licensed athletes are not covered by ASA Group Insurance and are therefore encouraged to join an affiliated Athletics Club.
- Age category tags must be worn on front and back of your vest if you wish to qualify for category prizes. Athletes may be requested to provide proof of age on race day. Age category tags will be available at registration or can be purchased from the EPA Offices.
- Wearing of earphones is not allowed and may lead to disqualification.
- The race committee reserves the right to accept or reject any entry.
- The Prize Giving will commence at **08h30**.
- No cheques will be accepted.
- The no seconding rule will apply. No private vehicles will be allowed on the route to second athletes.
- There will be four refreshment stations on the 15km route and one refreshment station on the 5km route.
- Anti-Littering rules apply. Refuse bins will be provided along the route, Please discard used water sachets into or near to these bins.
- A tog bag storage facility will be available.
- The venue is an alcohol - free zone.
- Full results will be available on www.epathletics.co.za.

VUKANI 15km RACE

&

5km FAMILY RUN/WALK

Saturday 23 November 2024

Victoria Park Tennis Club

Cnr Victoria Park Drive/Butters Street, South End

Starting times: 15km – 06h00

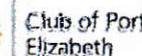
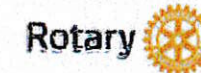
5km – 06h20

EPA PARTICIPATION LEAGUE

ENQUIRIES:

For further information on the event, contact the following:

Wonga (064 516 2669) or Ndaba (082 550 3109)





Vukani Multi Sport Club
15km Road Race & 5km Family Run/Walk
23 November 2024
EPA Participation League Race

ENTRY FORM

Tick the appropriate block:

15km (06h00) 5km (06h20)

2024 Licence No: Club:

Surname: Name:

ID No: Date of Birth: / /

Gender..... Age:..... Phone Cell :

Email Address:

Emergency Contact Name & No:.....

Do you agree to not litter during the race and accept disqualification if reported for doing so? Yes...

Race	Entry Fee	Amount Paid
15km	R120.00	R.....
15km(60 + years)	R60.00	R.....
15km(15-19 years)	R50.00	R.....
Temporary Licence – 15km only	R50.00	R.....
5km Family Run	R30.00	R.....
Total Paid		

INDEMNITY/ WAIVER: By entering this event I undertake to be bound by the rules and regulations of the event including those of WA, EPA and ASA. I warrant that I am in good health and aware of the risks and dangers of a 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 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:(Athlete, Parent or Guardian if minor)



Medals - Medals to ALL finishers.

Lucky Draw Prizes - All entrants are eligible and must be present to claim the prizes!

Prize Money for the 15km Race- Men & Women			
Category	1 st	2 nd	3 rd
Open	R1500	R1000	R750
Junior	R350	R250	R100
35 - 39	R350	R250	R100
40 - 49	R350	R250	R100
50 - 59	R350	R250	R100
60 - 69	R350	R250	R100
70 +	R350	R250	R100
Vouchers for 5km Fun/Family Run			
	1 st	2 nd	3 rd

Athletes are required to be dressed in their club kit on the podium for prize giving



VMSC SUPPORTS THE #EARLY INSPIRATION INITIATIVE

(www.earlyinspiration.co.za) in partnership with the Rotary Club of Port Elizabeth in support of Early Childhood Development. Early

Inspiration is passionate about children's development and stimulation, and how the effects of early intervention can enhance the young child's learning potential.

Please donate ECD Materials (crayons, games, charts, puzzles, colouring books, toys, reading material, etc). Members of The Rotary Club of Port Elizabeth will collect donations at the race venue