



10km road race

Competitors must be 14 years of age or older on race day. The race starts at 06h00. The official cut off time is 07h40.

5km Family Run

The 5km Family run starts at 06h30 or as soon as the first 10km runner is finished. Cut off time is at 07h40. Race bands must be worn on the arms and be visible at all times. Competitors must be 9 years or older. Medals to ALL finishers in the 5km event.

Medals

10km - Gold medals to the first 5 men and ladies as well as the winners of the different age categories. Silver medals will be awarded to the next 150 athletes and bronze medals to all finishers within the cut-off for the 10km races.

Lucky Draw Prizes

All entrants are eligible and must be present to win!

Prize money for 10km - Men & Women (To be paid via EFT)

	1 st	2 nd	3 rd	4 th	5 th
Open	R5000	R3000	R2000	R1000	R750
Junior	R1000	R750	R 500	R 400	R300
35 - 39	R1000	R750	R 500		
40 - 49	R1000	R750	R 500		
50 - 59	R1000	R750	R 500		
60 - 69	R1000	R750	R 500		
70 - 79	R1000	R750	R 500		
80+	R1000	R750	R 500		

Prize winners must be dressed in their club colours during the award presentation.

ENQUIRIES: For further information on the event, contact Michael on 0791496796 or EPA Office on 041 374 2818.

DIRECTIONS AND PARKING:

From PE, continue towards Colchester, once you cross the bridge at Sundays River, turn right. Turn right again and follow directions to the Mackay Bridge Angling Club.



9th Edition



COLCHESTER Development Run

25

JAN

25

MACKAY BRIDGE ANGLING CLUB COLCHESTER

10KM

5KM

06H00

06H30

EPA PARTICIPATION & PRESTIGE LEAGUE



nelson mandela bay
MUNICIPALITY



ENTER ONLINE ON

webtickets



ENTRY FORM

25 JANUARY 2025

Tick the appropriate block: 10km 5km
 (06h00) (06h30)

Club: Licence No :

Name of School if scholar:

Surname: Name :

ID No: Date of Birth: .../.../.....

Gender: Age : Phone Cell :

Email Address:

Emergency contact:

Emergency number:

10km (Senior – 59)	R120.00	R.....
10km (Juniors)	FREE	R.....
10km (60+)	R60.00	R.....
Temporary License	R50.00	R.....
5km Run/Walk	R30.00	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 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 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 claims 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.

Do you agree to not litter during the race and accept disqualification if reported for doing so? Yes _____ No _____

Signature:(Parent or Guardian if minor)



General race Information:

1. Entries may be handed in at Brian Bands or Sportsmans Warehouse or online on www.webtickets.co.za. The closing date for all pre-entries will be 17h00 on Wednesday 22 January 2025.
2. Collection of numbers and late entries will be available at Westbourne Oval on **FRIDAY 24 January 2025** from 14h00 to 18h00 and at the race venue from 05h00 on the morning of the race.
3. Athletes must display the 2024/2025 licence numbers on the front and back of the vest/shirt and official race number placed over the licence number with ASA advertising visible. The race number contains a chip and must not be bent.
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 vest or plain coloured T-shirt, with the official race number on the front of the vest/T-shirt.
5. Temporary licenced athletes are not covered by ASA group insurance and are encouraged to join an athletics club.
6. Age category tags must be worn on front and back of your vest, clearly visible, if you wish to qualify for category prizes.
7. Prize winners may be requested to provide proof of age.
8. Wearing of earphones are not allowed and may lead to disqualification.
9. The race committee reserves the right to accept or reject any entry.
10. The Prize Giving will commence at 07h45. Athletes to be dressed in club kit when receiving prizes.
11. Full results will also be posted on www.epathletics.co.za.
12. No Alcohol may be brought onto the premises.
13. Entry fees are non-refundable.
14. The no seconding rule will apply. No private vehicles will be allowed on the route to second athletes.
15. There will be three refreshment stations on the 10km route and one refreshment station on the 5km route. Please support the Anti-littering campaign. Refuse bins will be provided along the route. Please discard used water sachets into or near to these bins. Littering is an offence and may lead to disqualification.
16. Organised in accordance with the rules and regulations of ASA and EPA.

