

### ENTRY FORM

Tick the appropriate block:  42.2km (06h00)  10km (07h00)

Licence No :      Province:

Club in Full : \_\_\_\_\_

Surname: \_\_\_\_\_ Name : \_\_\_\_\_

ID No : \_\_\_\_\_ Passport No. \_\_\_\_\_  
(If non-SA)

Nationality: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Cell no : \_\_\_\_\_ Email : \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ Cell Nr: \_\_\_\_\_

#### INDEMNITY / WAIVER

By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF 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 organizers of the event, all sponsors, persons and organizations 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. In terms of the Protection of Personal Information Act, I allow the Sponsors to contact me.

**MINOR RELEASE:** 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.

#### ENTRY FEES

42.2km	(60+ Athletes R60.00)	R150.00	R.....
10km	(60+ Athletes R30.00)	R 60.00	R.....
Temporary License		R 40.00	R.....
Total			R.....

Signature: \_\_\_\_\_ (Parent or Guardian if minor)

Date entered: 2020/\_\_\_\_/\_\_\_\_



#### GENERAL RACE INFORMATION

- Organized in accordance with the rules and regulations of ASA and EPA. All athletes indemnify the National, Provincial and Regional bodies, sponsors and organizers against all and any actions of whatsoever nature.
- Entries may be handed in at Brian Bands, The Footballer, Action Sports, Sportsworld, Sportsmans Warehouse or UD Sports in Uitenhage.
- The closing date for pre-entries will be Wednesday 26 February 2020.
- The race committee reserves the right to accept or reject any entry.
- The Prize Giving will commence no later than 11h30.
- Online entries are available on [www.enrivickets.net](http://www.enrivickets.net).
- Collection of race numbers (pre-entries) and late entries will be accepted at the EPA Offices at Westbourne Oval between 13h00 and 19h00 on Friday 28 February and from 05h00 on the morning of the race. Entry fees are non-refundable. A receipt/proof of payment may be required in case of any discrepancy with pre-entries.
- All traffic Officials and marshals must be obeyed.
- The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
- Medals will be awarded to all finishers.
- Race venue is an alcohol free zone.
- 42.2km race will start at 06h00 from the Altona primary school.
- 10km race will start at 07h00 from the Altona primary school.
- The minimum age is as follows: 42.2km – 20 year / 10km – 14 years.
- The cut off time for the 42.2km is 5 ½ hours, i.e. 11h30. The cut-off for the 10km is at 08h40.
- Qualifying for Comrades Marathon is sub 04h50. Qualifying for Two Oceans Ultra is sub 05h00.
- EPA Championship medals will be awarded to the top 3 EPA licenced athletes in each age category for the marathon. Relevant age category tags must be visible front and back of the vest.
- Athletes must run in official Club colours with the Official race number on the front and 2020 licence number on the front and back of the vest.
- Athletes who are not licenced members of a club affiliated to ASA must purchase a temporary licence.
- Age category tags must be visible 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.
- Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
- Please obey parking marshals.
- Food stalls will be available at the finish area.
- The no seconding rule will apply as there are sufficient refreshment stations on the route.
- Athletes must run facing traffic at all times, unless instructed otherwise by a marshal.
- Refuse bins will be placed up to 500m after the water stations. Please discard all litter (sachets/bottles/cups/other) into the bins provided and not beyond the designated points. Disposing litter outside the demarcated zone may result in disqualification.
- A tog bag storage facility will be available.
- Full results will be available on [www.wherelinge.co.za](http://www.wherelinge.co.za).
- Athletes arriving for the 10km start are encouraged to arrive before 06h00 or after 06h30 to avoid clashing with the marathon athletes on the route. Except minor delay as athletes will have the right of way.

#### INFORMATION

For more information, contact Michael Mbambani (079 149 6796), Irene van Eeden (063 299 1775) or EP Athletics (041 3742618).

