

General Race Information

UITENHAGE HUMAN RIGHTS RACE – 16 MAY 2020

GENDER	M	F	LICENCE NUMBER														
CLUB																	
FIRST NAME																	
SURNAME																	
EMAIL ADDRESS																	
CELL NR																	
ID NR																	
DATE OF BIRTH				/		/								AGE			
SCHOOL (5KM)																	
EMERGENCY CONTACT NAME																	
EMERGENCY CONTACT NUMBER																	
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 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.																
ANTI-LITTERING	I agree to abide by the anti-littering regulations and acknowledge that should I intentionally litter, I may be disqualified.																
ENTRY FEES	30	KM		@		R 100											
	30	KM	60-69	@		R 50											
	30	KM	70+	@		R 0			F	R	E	E					
	10	KM		@		R 60											
	10	KM	70+	@		R 0			F	R	E	E					
		TEMPORARY LIC			@		R 40										
		5KM			@		R 25										
TOTAL																	
SIGNATURE OF ATHLETE OF PARENT/GUARDIAN OF MINOR																	
DATE ENTERED				/		/											

- The 30km race will start at 06h30, the 10km at 07h00 and the 5km at 07h15 from the Despatch Rugby Club, Botha Street, Despatch.
- Organised in accordance with the rules and regulations of ASA and EPA.
- Athletes must be 18 years of age on the day of the event for the 30km, 14 years or older for the 10km and 9 years or older for the 5km.
- Athletes must run in official club colours with 2020 licence number on the front and back of the vest with the official race number to be placed over the front licence number with the ASA sponsors visible.
- 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. 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.
- 5km Entrants are not required to purchase a temporary licence.
- 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.
- Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club. Contact EPA for more information.
- The race committee reserves the right to accept or reject any entry.
- Cut off time for the 30km is 4 ½ hours and 2 ½ hours for the 10km.
- Distance markers will be placed every kilometre.
- The Prize Giving will commence no later than 11h00.
- 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 13 May 2020.
- Online entries are available on www.entrytickets.net and will close on Tuesday 12 May 2020.
- Collection of race numbers (pre-entries) and late entries will be accepted between 16h30 and 19h00 on Friday 15 May and from 05h30 on the morning of the race. Entry fees are non-refundable.
- Stand and hand rule at water stations applies for private seconding.
- There will be sufficient refreshment stations on the 30km & 10km route and one refreshment station on the 5km route.
- Refuse bins will be provided along the route up to 500m past the water point. Please discard used water sachets into or near to these bins. Littering in non-designated areas may lead to disqualification. Intentional littering could also lead to disqualification.
- Full results will be available on www.whereinpe.co.za.
- The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
- Club Gazebos are welcome. Please liaise with race organizer for the placement of your gazebo.
- No alcohol is permitted to be consumed in public areas and are therefore not permitted at the venue, as the venue is a licenced premises.
- Medals will be awarded to all finishers.
- For further information, please contact the EPA Office on 041-3742818 or Mike on 079 149 6796.

