



Northern Areas 10km road race/ 5km run/walk 19 September 2026

ENTRY FORM

Tick the appropriate block: 10km (06h30) ☐ 5km (06h45) ☐

2026 Licence No: Club:

Name of School if scholar:

Surname:

Name:

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

Gender: Age: Phone Cell:

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 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 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.

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 this Indemnity/waiver on behalf of the minor.

I further agree to not litter during the race and accept disqualification if reported for doing so.

10km	R130.00	R.....
10km (60+ years)	R 60.00	R.....
10km (Juniors)	R 0.00	R.....
Temporary License (10km ONLY)	R50.00	R.....
5km Run/Walk	R30.00	R.....
Total		R.....

Signature: (Parent or Guardian if minor)

NORTHERN AREAS 10KM ROAD RACE & 5KM

RUN/WALK

10km road race

Competitors must be 14 years of age or older on race day. The race starts at 06h30. The official cut off time is 08h10.

5km Run/Walk

The 5km run/walk starts at 6h45. Cut off time is at 8h00. Race numbers must be attached to vests or T-shirts and always be visible. Competitors must be 9 years or older.

Medals – Part of Puzzle collection!

Gold medals to the first five 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. Medals to ALL finishers in the 5km event.

Lucky Draw Prizes

All entrants are eligible and must be present to win!

Cat	1st	2nd	3rd	4th	5th
OPEN	R6000	R4000	R3000	R2000	R1500
JUNIOR	R1250	R1000	R 750		
35-39	R1250	R1000	R 750		
40-49	R1250	R1000	R 750		
50-59	R1250	R1000	R 750		
60-69	R1250	R1000	R 750		
70-79	R1250	R1000	R 750		
80+	R1250	R1000	R 750		



ENQUIRIES: For further information on the event, contact Michael Mbambani 0791496796, Irene van Eeden on 0832991775 or EP Athletics on 0413742818 during office hours.

DIRECTIONS AND PARKING:

Follow Standford Road until you reach the Gelvandale Pool and Stadium. Parking access from Liebenberg Road and field next to swimming pool in Beetlestone Road. Please obey parking marshal directions.





General race Information:

1. Organised in accordance with the rules and regulations of ASA and EPA.
2. Athletes must run in official club colours with 2026 licence numbers on the front and back of the vest and official race number on the front of the vest.
3. The race number contains a chip and should not be folded.
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 colored T-shirt, with the official race number on the front of the vest/T-shirt.
5. 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.
6. Wearing of earphones are not allowed and may lead to disqualification.
7. The race committee reserves the right to accept or reject any entry.
8. The Prize Giving will commence at 08h15. Please place your race number into the lucky draw box with your name clearly visible. Prize winners are encouraged to wear club colours.
9. Online entries are available on www.webtickets.co.za until 17h00 Wednesday 16 September 2026. Full results will be posted on www.epathletics.co.za.
10. Please support the anti-littering campaign and only discard sachets into or near bins provided along the route. Littering is an offence and may lead to disqualification.
11. Race number collection and late entries will be available at Gelvandale Track on Friday 18 September 2026 between 16h00 and 18h00. Race number collection will be available from 05h30 on the morning of the race. Only 5km late entries will be taken on the morning of the event.
12. Entry fees are non-refundable.
13. The no seconding rule will apply. No private vehicles will be allowed on the route to second athletes.
14. There will be three refreshment stations on the 10km route and one refreshment station on the 5km route. Refuse bins will be provided along the route. Please discard used water sachets into or near to these bins.
15. A receipt slip may be required in the case of any discrepancy with pre-entries.
16. A tog bag storage facility will be available.
17. No prams are allowed on the 10km route.
18. Breach of any regulation or requirement may lead to instant removal or disqualification without appeal. The race organiser and safety officer have the final decision in this regard. It is every athlete's responsibility to read and comply with these requirements.





SATURDAY 19 SEPTEMBER 2026

GELVANDALE STADIUM
LIEBENBERG ROAD GELVANDALE

10km @ 06h30 | 5km @ 06h45

PARTICIPATION & PRESTIGE LEAGUE

Enter online: www.webtickets.co.za



[Web.facebook.com/EasternProvinceAthletics](https://www.facebook.com/EasternProvinceAthletics)

