

MEDALS

to all finishers

PRIZES AND MEDALS

	10KM	OPEN	40-49	50-59	60-69	70+	JNR	5km
1	MALE / FEMALE	R600	R300	R250	R250	R400	R400	Bootlegger Hamper
2	MALE / FEMALE	R400	R200	R150	R150	R150	R200	Bootlegger Hamper
3	MALE / FEMALE	R200	R150	R150	R150	R150	R150	Bootlegger Hamper

LUCKY DRAWS!
5 Pairs of Trainers up for grabs

LUCKY DRAW PRIZES

Winners must be present at the draw to receive a prize should their name be drawn.
All entrants qualify for lucky draw prizes.

Male & Female ^{KING} OF THE MOUNTAIN
1st R1000 • 2nd R750 • 3rd R500

CHARLO ATHLETIC CLUB



GALAXYBINGO
BET • SLOTS

BOOTLEGGER.

 **nelson mandela bay**
MUNICIPALITY

 **the local choice**
PHARMACY
WALKER DRIVE



10km & 5km
24 OCTOBER 2026

Starting times: 10km - 06h00 | 5km - 06h15

ENTER ONLINE AT [WEBTICKETS.CO.ZA](https://webtickets.co.za)  tickets



CHARLO ATHLETIC CLUB



Start & Finish: Italian Club, Harold Road, Charlo

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WALKER DRIVE

TWO VIEWS 10KM / 5KM

entry form

PLEASE TICK THE APPROPRIATE BLOCK:

☐ MALE ☐ FEMALE ☐ 10KM ☐ 5KM

LICENCE NUMBER: _____

SURNAME: _____

FIRST NAME: _____

CLUB IN FULL: _____

DATE OF BIRTH: _____

AGE ON RACE DAY: _____

ID NUMBER: _____

CELL PHONE: _____

EMERGENCY CONTACT: _____ NO: _____

INDEMNITY/WAIVER

By entering this event I undertake to be bound by the rules and regulations of the event including those of World Athletics and ASA. I warrant that I am in good health and aware of the risks and dangers of the 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, property owners, 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 agree to not litter during the race and accept disqualification if reported for doing so. 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. The organizers agree that all personal information requested on the form is for the use of the event only and will not be distributed to any third party.

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 this Indemnity/waiver on behalf of the minor.

SIGNATURE (PARENT/GUARDIAN IF UNDER 18)

LICENSED ATHLETES 65 YEARS AND OLDER ENTER FOR A REDUCED PRICE IN 10KM ONLY

10 KM ENTRY FEE: R120.00 (65 + yrs Reduced Price R60.00)	R
5 KM ENTRY FEE: R50.00	R
TEMP. LICENCE (10KM ONLY): R50.00	R
TOTAL	R

GENERAL RULES

1. Race will start & finish at the Italian Club, Harold Road, Charlo.
2. 10km: 6:00am | 5km: 6:15am
3. Cut-off time: 08:00am.
4. Prize giving to be held at the Italian Club at 8:15am. It is recommended that athletes wear club kit on the podium
5. All traffic officers and marshals shall be obeyed at all times.
6. All runners must run on the right hand side of the road.
7. Toilet facilities available. No showers.
8. Race entries to be collected at Brian Bands, Cape Road.
9. Closing date for pre-entries: Wednesday, 21 October 2026. Race number collection and late entries at the Italian Club on Friday, 23 October 2026 from 4:30pm to 7pm. Late entries on the morning of the race from 5am.
10. 10km race Organised in accordance with the rules and regulations of ASA and EPA. Athletes indemnify the Provincial and Regional Bodies, Sponsors and Organisers against all and any action of whatsoever nature, arising out of their participation in the race.
11. Athletes must run in official club colours with 2026 licence numbers on the front and back of the vest. The race number supplied should be placed on the front of the vest with the ASA sponsors visible.
12. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license. The race number is to be placed on the front of the vest/shirt and the temporary number on the back.
13. Age category tags to be worn to qualify for age prize.
14. Competitors for 5km, must be 9 years or older, and for 10km must be 14 years or older, on the day of the race.
15. No personal seconding allowed.
16. There will be two water points on the 10km route and one on the 5km route.
17. No earphones allowed on the route as this will lead to disqualification.
18. 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.
19. 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.
20. Online entries at www.webtickets.co.za - Entries close 21 October 2026 at 12pm.
21. Full results will be available on www.epathletics.co.za

General Enquiries:

Contact **Eusentha Pillay** on 084 665 0910

