



PRIZE MONEY

PRIZE MONEY FOR 21/10KM MEN AND WOMEN

21KM	1st	2nd	3rd
OPEN	1200	800	550
35-39	450	350	250
40-49	450	350	250
50-59	450	350	250
60-69	450	350	250
70+	450	350	250
10KM	1st	2nd	3rd
OPEN	400	300	200
35-39	300	250	150
40-49	300	250	150
50-59	300	250	150
60-69	300	250	150
70+	300	250	150
JUNIOR	300	250	150

Date entered: 2026/...../.....

GENERAL RACE INFORMATION

- Organised 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.
- **Online entries are available on www.webtickets.co.za until 24h00, Tuesday 29th September 2026.**
- **Entries can be submitted to Brian Bands Sports Cape rd. Closing date for entries will be Wednesday 30/09/2026.**
- The race committee reserves the right to accept or reject any entry.
- **Collection of race numbers** and late entries will be available from the home of 32Gi athletics club, Wembley Tennis Club, McCoy Road, Mill Park, Port Elizabeth, on Friday the 2nd of October 2026 between 14h00 and 19h00 and at the start of the event at Cape Recife High school from 05h00 until 05h45 on race day.
- **No Late entries on Saturday**
- 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 may lead to disqualification.
- Medals will be awarded to the 1st 2000 finishers only.
- **21.1km and 10km race will start at 06h00, 5km will start at 06h15**, from 58 Admiralty Way, Summerstrand, Gqeberha, 6001. The minimum age for the 21.1km is 16 years, 14 for the 10km and 9 years for the 5km, unless accompanied by a parent.
- **The cut off time:** the 21.1km 09h30 (3 ½ hrs), 10km is at 08:00 (2 hrs). There is no cut off for the 5km race.
- **Club gazebos** are welcome and encouraged. Clubs must collect an entry permit at Registration for parking.
- **Athletes must wear 2026** licence numbers on the back on front of the vest/shirt, with the official race number on the front over the licence number.
- Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the back of the vest.
- **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.
- Prize giving will be at 09h45. Athletes are required to wear club colours for the podium
- The main lucky draw prize of R2500 cash will be exclusive to online entries only.
- There will be food vendors for your convenience. Please show your support.
- Registered athletes are covered by a group personal insurance scheme. Temporary licenced athletes have no cover and are urged to join an affiliated club.
- Athletes must run always facing traffic, unless instructed otherwise by a marshal.
- **No personal seconding (vehicle or bicycle) will be allowed on the route.**
- 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.

INFORMATION

For more information, contact Jonathan Mandell (083 414 2624), or EP Athletics (041 3742818)





IN PARTNERSHIP WITH



Participation league race

BAY RUN NMB

 03 October 2026

 Cape Recife High School

 21km 06:00 | 10km 06:00

 5km 06:15

ENTER ONLINE & WIN

**R2500
CASH**
LUCKY DRAW PRIZE!



nelson mandela bay
MUNICIPALITY