

ENTRY FORM

Please indicate which race you will entering :

42.2KM

10KM

MALE

FEMALE

Please tick the appropriate box:

Province _____

License Number _____

Temporary Number _____

First Name _____

Surname _____

Postal Address: _____

Contact Telephone No: _____

Email Address: _____

ID Number: _____

Date of Birth: _____ Age on day of the race: _____ No. of PE City Marathons completed _____

Running Club (in full) _____

Licensed Athletes 65 years or older enter FREE of charge. Kindly provide proof of age.

	ENTRY FEE	TEMPORARY LICENSE	CHARITY DONATION	TOTAL
MARATHON	R 160	R 40		
10KM	R 60	R 40		

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: 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.

SIGNATURE (PARENT or GUARDIAN IF MINOR) DATE:

EMERGENCY CONTACT DETAILS (NAME AND PHONE NO:)

GENERAL INFORMATION AND RULES

1. **PROOF OF PAYMENT TO BE BROUGHT ALONG FOR ALL PRE AND ONLINE ENTRIES**
2. Online and cash entries will be available
3. Free entry for licensed athletes 65 years or older.
4. Electronic timing will be used for both the 42.2km as well as the 10km event.
5. Visit <https://entrytickets.net/> to enter online.
6. **Please note that when entering online, runners will have the option of purchasing a moisture management t-shirt in addition to their entry fee, as well as giving a donation to any of the charities that we are supporting. Moisture management t-shirts will cost R180 and are only for online marathon entrants. The cut-off for t shirt orders is the 5th November. No t-shirts will be sold at the venue. Runners are encouraged to pre-enter for the event.**
7. Pre-entries close on 4th December 2019 at **Brian Bands and Action Sports**, in Port Elizabeth.
8. Registration and late entries at African Sky's Venue, 120 Nassau Avenue Port Elizabeth from 17h00 to 20h00 on Friday 6th December 2019 and from 04h00 on the morning of the race, Saturday 7 December 2019.
9. Official 2019 ASA License Number to be worn on the front and back, Official Race Number on the front. Non-registered runners will receive one Temporary License Number, to be worn on the back of their running vest or t-shirt, with Official Race Number on the front. Temporary licenses are available at R40.00 each. License numbers are to be attached to running vest so that the year is visible both from the front and from the back.
10. Age category identification tags to be worn on front and back of running vest to be eligible for prizes. Runners who are wearing temporary licenses must present proof of age on race day in order to qualify for age category prizes. Temporary runners do qualify for prize money if they wear the category tag and they can provide proof of age.
11. The race is run in accordance with ASA and EPA rules.
12. Toilet facilities available at finish.
13. Portable Toilets will be available at certain points along the marathon route
14. Participation in wheel chairs or running with animals is not permitted.
15. Tog bag storage facility available at venue.
16. Runners or walkers with prams or baby joggers are not permitted on the marathon and are to start at the back of the 10km race.
17. Disabled or blind runners are to be accompanied and may only make use of guides who have officially entered the event.
18. **PLEASE NOTE THAT THERE WILL BE TWO CUT-OFF TIMES:**
 - **AT THE 21.1KM MARK AT 8:30AM. Runners who have not reached the halfway point by 8:30am will have to withdraw from the race.**
 - **AT THE 36KM MARK AT 9:50AM. Runners who have not reached the 36km point by 9:50am will have to withdraw from the race.**
19. Watering points every 3km. No personal seconding is allowed. The stand and hand rule within 100m of the watering points rule will apply.
20. Foreign athletes are to comply with IAAF and ASA Rule 4.
21. **Alcoholic beverages can be purchased at the venue, no alcohol will be allowed to be brought onto the premises.**
22. Food and refreshments will be on sale.
23. Accommodation enquiries online or alternatively at www.pembba.co.za, www.ubuntustay.com
24. **No accommodation will be available at the venue and no runners will be allowed to stay at the venue for the night. All runners must find their own accommodation. It is not the responsibility of the organizers to arrange transport or accommodation for any out of town athletes. All athletes must ensure that they have organized both in advance.**
25. Registered athletes are covered by a group personal accident insurance scheme. Details may be obtained from your club / province.
26. Temporary licensed athletes are NOT covered by ASA Insurance scheme and are urged to join an affiliated club. Completion of the tear off strip is compulsory.
27. The wearing of earphones or headsets is prohibited and will lead to disqualification.
28. Cellphones may be used on route for the purposes of the strava app.
29. **NO LITTERING WILL BE ALLOWED ON ROUTE AND ALL ATHLETES ARE ENCOURAGED TO MAKE USE OF THE BINS AVAILABLE. Littering may lead to disqualification**
30. Prize money is as follows:

Marathon Position and Age Category Prize Money 2018							
Position	Men/Women Open	Men/Women 35-39	Men/Women 40-49	Men/Women 50-59	Men/Women 60-69	Men/Women 70+	1st Junior
1st	R 3 000	R 300	R 300	R 300	R 300	R 300	N/A
2nd	R 2 000	R 200	R 200	R 200	R 200	R 200	
3rd	R 1 500	R 100	R 100	R 100	R 100	R 100	

10km Position and Age Category Prize Money 2018							
Position	Men/Women Open	Men/Women 35-39	Men/Women 40-49	Men/Women 50-59	Men/Women 60-69	Men/Women 70+	Junior (Male or Female)
1st	R 700	R 200	R 200	R 200	R 200	R 200	R 200
2nd	R 600						
3rd	R 500						

PLEASE NOTE THAT ALL MONEY WILL BE PAID VIA EFT. NO PRIZE MONEY WILL BE HANDED OUT ON THE DAY AT PRIZE GIVING. ALL WINNERS MUST ENSURE THAT THEY PROVIDE THE CORRECT BANKING DETAILS TO THE ORGANISERS AT PRIZE-GIVING.

- 29 The minimum age of participating has changed, it is now:
 - 10.0km 14 years
 - 42.2km 20 years

SOME ADDITIONAL INFORMATION

Please ensure that you check that your car is locked when walking away from it, do not assume it is – remote jammers have been known to frequent such events.

Be alert of what is happening around you, kindly inform any of the officials of any suspicious activity.

Do not leave belongings in full view, rather lock them up in the boot so they are out of sight.

Please adhere to the parking signs and use the parking lot at the back of the venue. No parking will be allowed in the streets close to the venue and Nassau will be closed off.

Please make use of the bins around the venue – do not litter.

Alcoholic beverages can be purchased at the venue, no alcohol will be allowed to be brought onto the premises.

CONTACT DETAILS

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2019 CHARITIES

Charities that will benefit from the event include the following, please support them if you are able to.

