

PSJ River Mountain Run

27 September 2025

05:30



21 km, 10 km & 5 km



PORT ST JOHNS
TOURIST CENTRE
ASSOCIATED TO RIPC



For Infor: 0829794466 / 0835322648

Prize Money : 21km

	Open	35-39 Years	40-49 Years	50-59 Years	60+
Position	Male/Female	Male/Female	Male/Female	Male/Female	Male/Female
1 st	R3 300	R2 750	R2 200	R1 650	R1 100
2 nd	R1 650	R1 100	R 880	R 770	R 660
3 rd	R 880	R 770	R 660	R 550	R 440
	R11 660	R9 240	R7 480	R5 940	R4 400
JUNIORS	Position1=R1 100	Position2=R770	Male/Female	Grand Total	

10KM RUN

	Open	35-39 Years	40-49 Years	50-59 Years	60+
Position	Male/Female	Male/Female	Male/Female	Male/Female	Male/Female
1 st	R1 650	R1 430	R1 320	R1 210	R1 100
2 nd	R 990	R 770	R 660	R 550	R 440
3 rd	R 660	R 550	R 440	R 330	R 220
	R6 600	R5 500	R4 840	R4 180	R 3 520
JUNIORS	Position1=R880*2	Position2=R550*2	Male/Female	Grand Total	

5KM FUN PRIZES FOR YOUNG BOYS AND GIRLS (Ages 9 to 13 Years) m/f

Position	
1 st	R300*2
2 nd	R200*2
3 rd	R150*2
Grand Total	R1 300

HAMPERS WILL BE GIVEN TO 1ST POSITION, 2ND POSITION AND 3RD POSITION FOR ADULT WINNERS ONLY.

Entries open: 01 July 2025

Entries Close: 26 September 2025

Entry forms available at the following points: Super Spar: Port St Johns, Savoy Mthatha Nelson Mandela Museum (Mthatha) & Mthatha Fitness Club.

Payments: Bank Deposit at : Port St Johns Ac

Banking Details: Bank Name : NedBank Account Name PSJ AC : Account Number: 1310800111, Account Type: Current Account

USE YOUR ID NUMBER AS YOUR REFERENCE AND PLEASE BRING A PROOF OF PAYMENT ON COLLECTION.

FOR ENQUIRIES PLEASE CONTACT THE FOLLOWING NUMBERS: 072 7940621 /0763442893/0835322648

ENTRY FEE: 21KM R200, 10KM R150 & 5KM R70

Starting Point: AGATE TERRACE

Finish

Starting Time: 05H:30

Port St Johns Sports Ground

Finish/Cut Off Time: 10H:30

ENTRY FORM

Full Name(s)&Surname: _____

ID Number: _____

Contract No.: _____

Club: _____

Province: _____

ASA Number: _____ **Race Event:** 21KM ☐ 10KM ☐ 5KM ☐

Age Category: Junior ☐ Open ☐ 35-39 ☐ 40-49 ☐ 50-59 ☐ 60+ ☐

Sex: Female ☐ Male ☐

T-Shirt Size: Small ☐ Med ☐ Large ☐ X Large ☐ XX Large ☐

Temporary license costs R80 (Do you require it?) Yes ☐ No ☐

INDEMNITY

All entrants to be medically fit and understand that participation is at own risk and that the organizer officials sponsors of this event cannot be held responsible or liable any claim or injury incurred as a result of the race or for any property lost or damaged. If I am competing with a temporary license I am not covered by the ASA Athletic Medical Insurance Policy.

RACE RULES AND INFORMATION

The race will be run in accordance with the rules of WA, ASA and ATRA and all participants to abide by the these rules. All foreign athletes must comply with WA rules 42.27 and 142 and ASA rule 9. Refreshment will be provided along the route and no personal seconding will be permitted Runners and Walkers to obey all Marshalls, traffic and technical officials. Age restriction: 21KM participants must be 16 years and older on race day, 10KM participants must be 14 years and old on race day. Proof of age will be required for age category prizes. Junior athletics 19 years or young on 31 December in the year of the completion must wear a "J" on the upper front and back of the vest/crop top to be eligible for prizes and must provide proof of age on the race day. ASA LICENSE NUMBERS Organizers/Athletes may not replace ASAlcense numbers with competitions Race Numbers/Sticker under any circumstances where a competition number used, it must be placed so that the ASA license Sponsor and the ASA province/year remains visible above competition/race number. The license numerals may be covered, Athletes who fail to adhere to these rules may be disqualified. (Refers to ASA Rule 26.1.7) Temporary licensed athletes are not covered the national insurance policy. Refers to ASA Rule 25.6.15. Unregistered athletes running with temporary license must run in neutral colours and adhere to WA and ASA rules Holders of Temporal licenses will be eligible for individual prizes and may claim age prizes in keeping with WA and ASA rule 25.6.13.

Signature: _____

Date: _____