

UMHLOBO WENENE 10KM CLASSIC & 5KM FUN RUN

Race Number

Please tick the appropriate blocks

Female Male 10km 5km

License Number: Province:
Inombolo Yelayisenisi: Iphando

Surname: First Name:
Ifani: Igama:

Postal Address: Code:
Idilesi: Ikhowudi:

Tel no: (H) (W) (Cell)
Umnxeba

Date of Birth: ID Number: Category:
Ududala: Uluhlu:

Club/School in full: Age on day of the Race:
Iqela: Ubudala Ngosuku lomdyarho:

Entry Fee 10km/Amangeno yi R30-00
Entry Fee 5km R15-00
Temporary License/Ilayisani Yethutyana R25-00
Licensed athlete 65+ R15-00
Total R

INDEMNITY

I declare that I will abide by the rules and regulations of ASA and EPA and will obey traffic officers and officials at all times. I am medically fit and participate at my own risk and will not hold the organizers, EPA or the sponsors liable for any claim, loss or injury incurred as a result of my participation in the event.

Ndiyaziqinisekisa okokuba ndiilungu lombutho okhasayo ophantisi kwe-EPA, kwaye ndiyakuyithobela imitheho nemigaqo ye ASA. Ndithabatha inxaxheba ngokuzithandela abasayi kusoleka kukwenzakala endinokuthi ndikufumane kolu gqatso.

Signature
Sayina Parent/Guardian (if under 18)
Umzali/Umgcini (Ukuba ungaphantisi kwe 18)

Cheques:
To make payable to/Uvenze ihatalwe ku:
St. Albans Athletic Club

MEDALS

Open	Open	(40 – 49)	(50 – 59)	(60 +)
M	F	JM	M	F
1-10	1-10	1-3	1-3	1-3
		1-3	1-3	1-3

GOLD Next 300 Finishers

SILVER All Finishers within cut-off time: 100 minutes

BRONZE First 1500 Finishers

PRIZE MONEY

Open (M & F)	1	2	3
Junior (M & F)	R500	R300	R200
40 – 49 (M & F)	R100	R75	R50
50 – 59 (M & F)	R100	R75	R50
	R100	R75	R50

GENERAL INFORMATION 10KM ROAD RACE

10KM

- Entry Fee: R30.00
- Temporary License: R25.00
- Late Entry Fee: No late entry fee.
- The minimum age on the day of the race is 15 yrs. Walkers welcome.
- Full club colours to be worn by licensed runners. Sponsor's number in front and license number at back.
- Temporary license holders must wear a plain T-shirt or vest. Race number in front and issued temporary license number at the back.
- Age identification must be worn on vest to be eligible for category prizes.
- No personal seconding allowed. Watering points will be provided.
- Cut of time: 100 minutes (08:10) Prize-giving starts at 08:30
- All race officials and marshals are to be obeyed at all times.
- All runners run on the right hand side of the road.
- Start/Finish at Kings Beach, Marine Drive
- Toilet & Shower facilities are available at the finish.
- Entries close at the following Sport Shops on Wednesday 20 March 2013 (16:30): Brian Bands (Cape Road), Sportman's Warehouse Action Sport (Summerstrand) and Brockett Sports (Uitenhage)
- Entries will be taken and numbers are to be collected at Umhlobo Wenene fm, (SABC) Cunningham Street, Parsons Hill on Friday, 22 March 2013 from 17:00 till 19h30 or the morning of the race at the start, Saturday the 23rd from 05:00 till 06h15. Late entries will also be accepted.
- Light refreshments will be on sale at the finish.
- Licensed athletes 65 years and older pay half price.

5KM FUN RUN

- Entry Fee: R15.00 (Minimum age = 9yrs)
- Rules same as 8 - 16.
- Race starts at 06:35.
- Computer for the school with the most bulk pre-entries before 20 March 2013.

For further information contact
Bennie Thyse: 082 293 9289