

# Entry Form

Tick the appropriate block

10km Run starts 07:00

5km Run starts 07:15

Surname: \_\_\_\_\_

First Names: \_\_\_\_\_

Email: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Club (in full): \_\_\_\_\_

License No: \_\_\_\_\_ Province: \_\_\_\_\_ Sex: M/F

ID: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

School: (if 5km): \_\_\_\_\_

*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 organisers, EPA or sponsors liable for any claim, loss or injury incurred as a result of my participation in this event.*

Signature of competitor: \_\_\_\_\_

**Signature of parent/guardian (if under 18):** \_\_\_\_\_

## Entry Fee:

<b>10km</b>	<b>R30.00</b>
<b>5km</b>	<b>R20.00</b>
<b>Temporary Licence (Only for 10km)</b>	<b>R25.00</b>
<b>Grand Masters (over 65 - licensed)</b>	<b>R20.00 for 10km</b>

All results and photo's will be available by Monday 13 May on window @ entrance to Build It or on [www.sunridgevillage.co.za](http://www.sunridgevillage.co.za)

## Rules and General Information

- Race held under Rules of A.S.A. and E.P.A. Athletes indemnify the National, Provincial and Regional Bodies, Sponsors and Organizers against all and any actions of whatsoever nature, whatever same may be, arising out of their participation in the race.
- Races will start at 07h00 (10km) and 07h15 (5km) respectively on 11 May 2013.
- No personal seconding allowed. There will be sufficient refreshment tables along the route.
- All Traffic Officers and Marshals must be obeyed.
- The Official Cut-off time is 09h00 for both races.
- The Race Committee reserves the right to accept or reject any entry.
- Pre-entries close on Wednesday, 8 May 2013.
- T-shirts to the first 1000 pre-entrants at Sunridge Village Shopping Centre
- Pre-Entries can be handed in at the following stores at Sunridge Village Shopping Centre: Myburg's Sports, PostNet & Spec Savers.
- Pre-Entries can also be handed in at Brian Bands Sports, Action Sports, The Footballer, Sportsman's Warehouse, Myburg's Sports (Uitenhage), Super Spar (Despatch)
- Pre-Race registration & late entries will take place at Sunridge Village between 16h30 and 19h00 on Friday 10 May as well as between 05h30 and 06h45 on the day of the race.
- Baggage Area available.
- The Prize giving will take place at 09h00 at Keg & Swan, Sunridge Village
- Lucky Draw prizes on attendance only.
- The wearing of ear phones is prohibited and will lead to disqualification
- For further information contact: Shane at 079 490 0669, Helouise at 074 182 1713 or Centre Management on 041 360 9442 (08:30 - 16:30) or email: [peathleticclub@gmail.com](mailto:peathleticclub@gmail.com) or [suzanne@sunridgevillage.co.za](mailto:suzanne@sunridgevillage.co.za)
- 10km EVENT:
  - Official 2013 Licence Number on back. Official Race Number on front. Non-registered runners will receive one Temporary Licence Number, to be worn on back of running vest or T-shirt, with Official Race Number on front.
  - Athletes who are not members of a club affiliated to A.S.A. must purchase Temporary licences for R25.
  - Runners using a temporary licence shall produce proof of age on race day to qualify for category prizes
  - Age category tags to be worn to qualify for category prizes.
  - All pavements are out of bounds.
  - Gold Medals will be awarded to the first 10 Male & Female finishers, Silver Medals to the next 200 finishers. Bronze Medals to rest.
  - Entrants must be at least 15 years old on the day of race to participate.
  - Walker's tag to be displayed.
- 5km EVENT:
  - No bulk entries after Wednesday, 8 May 2013
  - Official Race Number on front. (No temporary licence necessary)
  - Gold Medals will be awarded to the first 10 Male & Female finishers, Silver Medals to the next 200 finishers. Bronze Medals to the rest.
  - Children under the age of 9 to be accompanied by a parent.
  - Only 1 dog, on a lead, will be permitted per person.
  - To be eligible for 1st Family home, you must finish together.

