

## ENTRY FORM

Tick the appropriate blocks

Female	Male	10km	5km	Streetmile
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

License number: ..... Temporary number: .....

Surname : ..... First name : .....

Postal Address : ..... Code : .....

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

Date of birth : ...../...../..... Age on day of the race : .....

ID Number: .....

Club/School in full : .....

Entry Fee 10km	R 30-00
Entry Fee 5km	R 20-00
Temporary License	R 25-00 (Only 10km)
Streetmile	R 5-00
E.P.A Athletes 65 yrs and older (ID)	Free (Only 10km, must register)

Total

### INDEMNITY

Registered athletes are covered by a group personal accident insurance scheme – details may be obtained from your club/province. This cover does not extend to temporary licensed participants, who are urged to join an affiliated club.

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 the sponsors liable for any claim, loss or injury incurred as a result of my participation in the event

Signature of competitor: .....

Signature of Parent/Guardian if under 18 yrs: .....

## RULES & GENERAL INFORMATION

### 10KM ROAD RACE

- Race held under the Rules of ASA and EPA. All athletes indemnify the National, Provincial and Regional Bodies, the Sponsors and the Organisers against all and any actions of whatsoever nature.
- Official 2013 license numbers to be worn on back and front of vest.
- Temporary license holders must wear a plain T-shirt or vest.
- Temporary license to be displayed on front of the T-shirt or vest.
- Runners using a temporary licence shall produce proof of age on race day to qualify for prizes.
- Age category tags to be worn to qualify for age category prizes.
- Entrants **MUST** at least be 15 years or older on the day of the race.
- Cut off time at 09h00
- There will be water points every 3 km
- No personal seconding allowed



### 5KM FUN RUN

Medals to all finishers  
Cut off time at 09h00  
Water at the 2,5km mark  
Walkers are welcome  
Entrants **MUST** at least be 9 years or older on the day of the race  
No official time keeping

Streetmile  
No medals  
Cut off time at 09h30  
No water point  
Walkers are welcome  
No official time keeping

### GENERAL

- Race officials and marshals are to be obeyed at all times.
- All runners run on the right hand side of the road.
- Toilet facilities are available at the start /finish.
- Entries close at the following sport shops on Wednesday, 18 September 2013 at 12h00: Brian Bands (Cape Road), The Footballer (Cape Road), Action Sports (Summerstrand & Humerail), Brockett Sports (Uitenhage).
- Entries will be taken and numbers are to be collected on Saturday morning at the venue from 05h30.
- The wearing of earphones and/or headsets are prohibited and will lead to disqualification.
- Prize giving at 10h00.

For further information contact:  
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