

## ENTRY FORM

Please tick appropriate blocks:

Female  Male  15km  5 km

Licence Number: \_\_\_\_\_ Temporary Number: \_\_\_\_\_

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

Surname: \_\_\_\_\_ First Name: \_\_\_\_\_

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

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

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

Tel no: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (Cell) \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Entry Fee 15 km R55-00

Temporary Licence R30-00

Licensed Athletes 60+ R25-00

**Total** **R.....**

Entry Fee 5 km R30-00

Entries can be posted to:

Muirite Striders Athletic Club

30 Strydom Avenue, Uitenhage, 6229

(Cheques payable to Muirite Striders)

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian if under 18 yrs: \_\_\_\_\_

### FOR FURTHER INFORMATION CONTACT:

Margie du Toit 082 547 5413 or Liz Grundlingh 072 226 2618

## **RULES and GENERAL INFORMATION**

- Races start at 06H30 (15 km) and 07H00 (5km).
- Full Club colours must be worn during the 15km race.
- 2016 ASA licence or temporary number on back of vest and race number on front of vest.
- Temporary licence holders must wear a plain T-shirt or vest.
- Temp licensed prize winners to produce proof of age on race day.
- Age identification must be worn to be eligible for category prizes.
- The wearing of earphones or headsets is prohibited & will lead to disqualification.
- Gold medals to top 10 male and female finishers in 15 km and all category winners in 15km. Silver medals to next 100 finishers and bronze medals to next 400 finishers in the 15km. Bronze medals to first 500 finishers in the 5km fun run.
- Minimum age on race day is 15 for the 15km race and 9 for the 5km.
- Cut-off time for both races is 09h00..
- There will be water points every 3 km
- The No Seconding ("Stand and Hand") rule will apply.
- T-shirts for the 1<sup>st</sup> 250 pre-entries in the 15km and 1<sup>st</sup> 250 in the 5 km.
- All walkers welcome.
- No late entry fees.
- Registered athletes are covered by a group personal accident insurance scheme. Details may be obtained from your club / province. Temporary athletes are covered by ASA insurance scheme, applicable for race day only. Completion of the tear off strip is compulsory. There will be a separate table for individual athletes to enter.

### **GENERAL**

- All race officials to be obeyed at all times.
- Toilet facilities available at the finish
- Pre-entries close at 16h00, Wednesday **24<sup>th</sup> February** at these shops: Brian Bands (Cape Rd), Sportsmans Warehouse (William Moffat) and Brockett Sports (Uitenhage).
- Entries accepted and numbers collected at Despatch Sports Fields on Friday 26<sup>th</sup> February between 17h00 and 19h00 and on the morning of the race from 04h30.
- Prize-giving and lucky draws start at 09h15.
- Participants must be present to qualify for Lucky Draws.

## **REFRESHMENTS WILL BE ON SALE AFTER THE RACE**

**Other Sponsors:** Hellerman Tyton, Budget Rent-a-car, Leon's Airconditioning, Konica Minolta