



15km | 5km - Saturday 10 March 2018

ENTRY FORM

(TO BE COMPLETED IN FULL)

Tick the appropriate block:

15km

5km

Surname: .....

First Names: .....

Address: .....

Postal Code: .....

Telephone: (h): ..... (w): .....

Cell: .....

Email address: .....

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

ID number: ..... Sex: Male / Female

Club name in full: .....

License number: .....

Name of school: .....

(entrants of schools competition only)

INDEMNITY/WAIVER: By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, persons and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre-and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

MINOR RELEASE: and I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

Signature of competitor: .....

Signature of parent/guardian (if under 18): .....

Licensed Athletes 60+: 15km entry - R20.00
Entry Fee 15km R70.00
Entry Fee 5km R20.00
Temporary License (15km only) R30.00

TOTAL R\_\_\_\_\_



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RACE RULES AND INFORMATION

15km Road Race: Start Time: 06:30am

- 1. Bulk club entries must be in by Wednesday 7 March 2018.
2. Full club colours must be worn during the race.
3. 2018 ASA license number must be worn on front and back of vest.
4. Athletes who are not members of a club affiliated with ASA must purchase Temporary Licenses for R30.00 - wear race number on front of T-Shirt and temporary licence on the back.
5. Temporary licensed runners are not covered by ASA Insurance scheme. Completion of the tear-off strip is compulsory.
6. Minimum age for 15km on day of race is 15 years old.
7. Walkers welcome.
8. Cutt-off time for 15km is 2 hours 15 minutes (08:45).
9. No personal seconding, there will be sufficient refreshment tables along the route.
10. All competitors take part at their own risk. The use of earphones/headsets is prohibited and will result in disqualification.
11. NO PARKING IN THE CENTRE'S MAIN PARKING AREA. PARK ONLY BEHIND TILE AFRICA or BEHIND PICK 'n PAY HYPERMARKET or where directed on the day.
12. Please do not litter, use bins provided.

5km Event: Start Time: 06:45am

- 1. ALL PRE-ENTRIES and SCHOOL ENTRIES - closing date Wednesday 7 March 2018.
2. No license needed, but entrants must wear the 5km tag on front of t-shirt. Collect these tags from Sportsmans Warehouse on Friday 9 March 2018 between 16:00pm - 18:00pm or on the morning of the race at Sportsmans Warehouse from 05:30am.
3. Minimum age for 5km on day of race is 9 years old.
4. All walkers welcome.
5. No personal seconding, there will be sufficient refreshment tables along the route.
6. NO PARKING IN THE CENTRE'S MAIN PARKING AREA. PARK ONLY BEHIND TILE AFRIKA or BEHIND PICK 'n PAY HYPERMARKET or where directed on the day.

SCHOOL COMPETITION

Please read the following rules and the race information very carefully- failure to comply with the rules will result in non-participation in the competition.

- 1. Contact Anita 084 555 5223 for bulk entry forms.
2. MUST BE BULK ENTRIES TO QUALIFY - Pupils and their families welcome.
3. Closing date for School entries - Wednesday 7 March 2018. No entries received after this date will qualify for this competition.
4. Entry forms must be completed in full - any form not completed will not be counted.

Race enquiries: Basil: 082 467 1949