

## 1 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 the 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.

**ANTI-LITTERING:** I agree to abide by the anti-littering regulations and acknowledge that should I intentionally litter, I may be disqualified.

**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.

## MEDALS TO ALL FINISHERS! (5km & 10km) LUCKY DRAWS!

Participants must attend the prizegiving - at 08:00 in the Metlife Mall parking area - to be eligible for these prizes.

## CATEGORY PRIZES

For the 10km men's and ladies' category winners:

OPEN	40-49	50-59	60-69	70+
1 <sup>st</sup> R300	1 <sup>st</sup> R300	1 <sup>st</sup> R300	1 <sup>st</sup> R300	1 <sup>st</sup> R300
2 <sup>nd</sup> R200	2 <sup>nd</sup> R200	2 <sup>nd</sup> R200	2 <sup>nd</sup> R200	2 <sup>nd</sup> R200
3 <sup>rd</sup> R100	3 <sup>rd</sup> R100	3 <sup>rd</sup> R100	3 <sup>rd</sup> R100	3 <sup>rd</sup> R100

\* Licensed runners are covered by a group personal accident insurance scheme. Details can be obtained from your club or the EPA Office.

\* Runners using a temporary licence shall produce proof of age on race day to qualify for prizes.  
\* Race organised by Achilles Amateur Athletic Association.



## THE RULES

- Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the back of vest or plain coloured T-shirt, with the official race number on the front of the vest/ T-shirt (or on the front if no race number is printed). Temporary licensed athletes are not covered by ASA group insurance.
- The 5km Fun Run starts at 06:25 on Saturday, 15 February 2020 at Metlife Mall.
- The race is held under the rules of ASA and the EPA.
- 2020 ASA licence must be worn on the front and back of the vest.
- 10km temporary licence number to be worn on front of the vest.
- No licence needed for the 5km Fun Run.
- All traffic officers and marshals must be obeyed at all times.
- All runners and walkers must run/walk on the right-hand side of the road.
- The minimum age of participation is 14 years old for the 10km and 9 years old for 5km.
- Cut-off time is 1 hour 40 minutes i.e. 07:40.
- Pre-entries close Wednesday, 12 February 2020.
- Entries to be handed in at Brian Bands, The Footballer, Action Sports or at Body Fuel Express or Water Fountain at Metlife Mall.
- Late registration for the 5km & 10km to be held on Friday, 14 February 2020, 17:00 - 19:00 at the Checkers courtyard, Metlife Mall, Kabega Park, and on the morning of the race from 05:00.
- Contravention of any of the rules may lead to disqualification.
- Prize giving and lucky draws to be held at 08:00 in the parking lot at Metlife Mall.
- Temporary licence runners and juniors to produce proof of age on race day to be eligible for prizes.
- By entering the race, contestants make themselves eligible to be contacted by Metlife Mall for promotional purposes.
- The wearing of earphones or headsets is prohibited and will lead to disqualification.
- There will be a separate table for individual athletes to enter.
- Refuse bins will be provided along the route. Please discard used water sachets into or near these bins. Littering in non-designated areas may lead to disqualification. Intentional littering could also lead to disqualification.

## FOR MORE INFORMATION PLEASE CONTACT:

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