



# LIGHTNING FAST 10K



7 AM

xerox™

14 NOV 2021

## ENTRY FORM

**R90** EXCLUDING  
CHIP

**R120** INCLUDING  
CHIP

START - Voortrekker Rd, Wilsonia (Johnson & Johnson)  
FINISH - Oxford Striders Beach Rd Nahoon

### T-SHIRTS LIMITED TO 500

**HOW TO ENTER** - Send your entry form with proof of payment to  
[entries@oxfordstriders.co.za](mailto:entries@oxfordstriders.co.za)

Due to Covid regulations the numbers of entrants allowed to participate  
will be at the discretion of the race organiser.

OXFORD STRIDERS BANKING DETAILS  
Account Name: Oxford Striders / Bank: Nedbank /  
Type of Account: Current / Branch: East London /  
Account Number: 1210 346605 / Branch Code: 121021  
**Please use XLF, your initials and surname as reference**

**TIMING CHIP PURCHASE** - Timing Chips will be issued when entering the race.  
These chips are included in your entry cost and can be used at any Oxford Striders event.

**PRE OWNED CHIPS** - If you already own a timing chip please bring it to Oxford Striders  
for verification when collecting your race shirt.

THE TIMING CHIP MUST BE WORN ON YOUR RUNNING SHOE • NO SHOE CHIP- NO RESULT

NON CLUB MEMBERS WILL NEED TO PURCHASE A TEMP LICENCE AT R35.00

**COVID PROTOCOLS MUST BE ADHERED TO AT ALL TIMES**  
**NO SPECTATORS ARE ALLOWED AT THE START OR FINISH OF THE EVENT**

RACE ENQUIRIES AND ENTRIES - [entries@oxfordstriders.co.za](mailto:entries@oxfordstriders.co.za) / 073 799 6075

## PARTICIPANTS DETAILS

TIMING CHIP No.	(ONLY COMPLETE IF YOU OWN AN OXFORD STRIDERS TIMING CHIP)						ATHLETIC CLUB					
FIRST NAME							CLUB LICENCE NO.					
SURNAME							TEMP NO.	TL				
DATE OF BIRTH	Y	Y	Y	Y	/	M	M	/	D	D	EMAIL	
GENDER	MALE	<input type="checkbox"/>	FEMALE	<input type="checkbox"/>				CELL NUMBER				
CATEGORY	JNR	OPEN	35+	40+	50+	60+	70+	ID NUMBER				
NATIONALITY							AGE					

PLEASE INDICATE YOUR PREFERRED T SHIRT SIZE

S	M	L	XL	XXL	XXXL
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ALLOCATION OF T-SHIRT SIZES ON A FIRST COME FIRST SERVED BASIS

### SPECIAL AGREEMENT INDEMNITY ( PARTICIPATION IN THIS EVENT IS AT YOUR OWN RISK )

*\*The Organisers (Athletics South Africa, Border Athletics, Oxford Striders Athletics Club and any other entity or persons assisting with the organisation of the Xerox Lightning Fast and \*\*The Sponsor ( Aloe Office & Business Equipment)*

I agree not to hold The Organisers\* or The Sponsor\*\* liable for any injury or illness or for damages or loss of property which I may suffer directly or indirectly as a result of my participation in the XEROX Lightning Fast. I confirm that this indemnity is entered into for the benefit of The Organisers\* and The Sponsor\*\* as defined above. I agree to allow The Organisers\* or The Sponsor\*\* to use my email address to communicate with me and that any photographs taken may be used for promotional purposes. I agree to adhere to all specified Covid Protocols.

Signature of Entrant  
( If the entrant is under the age of 18 years, the signature of the parent or guardian is also required )

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PRIZE MONEY	10KM		
Prize Category	1st	2nd	3rd
Runners - Men & Women Open	R800	R500	R300
Runners - Men & Women 35+;40+;50+;60+;70+	R200	R100	R50
Runners - Junior Men & Women	R200	R100	R50

**PRIZE WINNERS WILL BE NOTIFIED BY OXFORD STRIDERS WHEN PRIZE MONEY CAN BE COLLECTED  
NO FORMAL PRIZE GIVING WILL BE HELD**

### MANUAL ENTRIES WILL ONLY BE TAKE ON THESE DAYS

DATES	TIMES	VENUE
Saturday 30 October 2021	08h00 to 13h00	Oxford Striders Clubhouse, Nahoon
Saturday 6 November 2021	09h00 to 14h00	Oxford Striders Clubhouse, Nahoon
<b>EMAIL ENTRIES CLOSE ON WEDNESDAY 10 NOVEMBER 2021 AT 18H00</b>		
COLLECTION OF T-SHIRTS AND TIMING CHIPS		
DATES	TIMES	VENUE
Saturday 6 November 2021	09h00 to 14h00	Oxford Striders Clubhouse, Nahoon
Saturday 13 November 2021	09h00 to 14h00	Oxford Striders Clubhouse, Nahoon

ENTRY FEE & TEMPORARY LICENSE FEE	10KM
Entry fee including Timing Chip	R120
Entry fee excluding Timing Chip	R90
Temporary License Fee *	R35
<b>MINIMUM AGE FOR PARTICIPATION</b>	<b>14 YEARS</b>

**\* UNLICENSED ATHLETES ARE REQUIRED TO PURCHASE A TEMPORARY LICENSE NUMBER**

### RACE INSTRUCTIONS

This event is run under the rules and regulations of Athletics South Africa and Border Athletics. Athletes must wear their Club License No/Temporary No on the front of their running Vest. The second club License must be worn on the back of the vest. License numbers must be visible at all times during the race. **ALL ENTRANTS MUST WEAR A MASK AT THE START OF THE RACE.** Age flashes must be worn on the front left side and on the back of the vest or crop top to qualify for age category prizes. **LITTERING ALONG THE ROUTE WILL RESULT IN DISQUALIFICATION. ATHLETES MUST USE THE BINS PROVIDED AT THE REFRESHMENT POINTS.** Refreshment Stations will be provided at the Highgate Hotel and at the Vincent Station. The Shoe Tag Timing Chip must be affixed to the athletes shoe. Placing it elsewhere may result in your finish time not being recorded. Due to Covid there will be no formal Prize Giving. **ATHLETES ARE REQUIRED TO LEAVE THE FINISH PREMISES IMMEDIATELY AFTER THEY HAVE FINISHED THE RACE.**

### ATHLETE SAFETY

Athletes are responsible for their own safety during the event. The event is run on public roads and athletes must give way to vehicles at all times. If you make use of prescribed medication for the control of medical conditions such as Diabetes, Asthma, Epilepsy or Allergic Reaction etc then you must carry your prescribed medication with you during the event. Medical response personnel will be on duty on the event course and at the finish. Race Marshals and Refreshment Station personnel will assist athletes to communicate with Medical Response if required. Traffic officials and Race Marshals will be on the Route to assist with the safe passage of Athletes and failure to follow their direction may lead to your disqualification. Athletes must run no more than two abreast and on the right side of the road facing oncoming traffic unless the Traffic Officials instruct you to do otherwise. **THE USE OF EAR PHONES OR HEAD PHONES DURING THE RACE IS A CONTRAVENTION OF ASA RULES AND WILL RESULT IN YOUR DISQUALIFICATION.**