

Please tick one Box below:

<input type="checkbox"/> 21km	<input type="checkbox"/> 10km	<input type="checkbox"/> 5km
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Name				
Surname				
Gender	Male	<input type="checkbox"/>	Female	<input type="checkbox"/>
Age				
Date of Birth				
Identity No				
Cell No				
Club/School				
Province				
Licence No.				
Emergency Contact Person				
Initial/Surname				
Contact No				
Relationship				

ENTRY FEES

21km	10km	5km
R140	R100	R50

I shall participate in this race at my own risk Indemnify ATRA, the organizers and sponsors of this race against any claims that may result from participation and agree to abide by the rules and instructions of the race.

.....
Signature Guardian if younger than 18

RULES & INSTRUCTIONS

- ◇ The race is run in strict accordance with the rules of IAAF, ASA and Athletics Transkei.
- ◇ All 10km participants must be 14 years or under.
- ◇ All 21km participants must be 18 years or older.
- ◇ No animals allowed on the course.
- ◇ No earphones & iPods allowed during the race.
- ◇ Obey traffic officials and marshals.
- ◇ Age category tags must be worn on the front and back.
- ◇ Registered athletes must wear full club colours and 2021 licence number.
- ◇ Organizing committee is not responsible for accommodating athletes & officials.
- ◇ All athletes participate at their own risk.
- ◇ The federation ASA, ATRA, Organizers will not be held responsible for any injury sustained during the race.
- ◇ The entry fee is non-refundable.
- ◇ Prize giving will be at 10:00.

All races will finish at Lusiki Plaza next to Ilanga IT Solutions.
Starting Time:
21km will start @ 6H30 (Talabanzi bus stop).
10km will start @ 7H00 (Palmerston bus stop).
5km will start @ 8H00 (Thandathishe bus stop).

Bank details:
Bank : FNB
Account no. : 62687420423
Account name : Lusikisiki Harriers

NB Please make sure reference is your Name/Surname.
On registration day athletes must bring proof of payment to Collect their name tags.

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