21km 10km 5km	The race is run in strict accordance with the rules of IAAF, ASA and Athletics Transkei.	21km 10km 5km	The race is run in strict accordance with the rules of IAAF, ASA and Athletics Transkei.
Name	All 10km participants must be 14 years or under.	Name	All 10km participants must be 14 years or under.
Surname	All 21km participants must be 18'years or older.	Sumame	All 21km participants must be 18'years or older.
Gender Male Female		Gender Male Female	
Age Date of Birth	No animals allowed on the course.	Age Date of Birth	No animals allowed on the course.
Identity No	No earphones & iPods allowed during the race.	Identity No	No earphones & iPods allowed during the race.
Cell No	Obey traffic officials and marshals.	Cell No	Obey traffic officials and marshals.
Club/School	Age category tags must be wom on the front and back.	Club/School	Age category tags must be worn on the front and back.
Province	Registered athletes must wear full club colours and 2021 licence number.	Province Licence No.	Registered athletes must wear full club colours and 2021 licence number.
Licence No. Emergency Contact Person	Organizing committee is not responsible for accommodating athletes &	Emergency Contact Person	Organizing committee is not responsible for accommodating athletes &
Ini- tial/Surname	officials.	Ini- tial/Surname	officials.
Contact No	All athletes participate at their own risk.	Contact No	All athletes participate at their own risk.
Relationship	The federation ASA, ATRA, Organizers will not be held responsible for any injury sustained during the race.	Relationship	The federation ASA, ATRA, Organizers will not be held responsible for any injury sustained during the race.
ENTRY FEES	The entry fee is non-refundable.	ENTRY FEES	The entry fee is non-refundable.
21km 10km 5km R140 R100 R50	Prize giving will be at 10:00.	21km 10km 5km R140 R100 R50	Prize giving will be at 10:00.
R140 K100 R20	All races will finish at Luciki Plaza port to Hanga IT Solutions	K140 K100 K50	All races will finish at Lusiki Plaza next to Hanga IT Solutions.
I shall participate in this race at my own risk Indemnify ATRA, the	Starting: Time: 2 lkm will start of 6450 (Tafabanzi bus stop). 10km will start of 7400 (Palmetron bus stop). 5km will start of 8100 (Tafabanzi bus stop).		Starting Time: 21km will star @ 6H30 (Tafabanzi bus stop). 10km will star @ 7H00 (Palmerton bus stop). 5km will star @ 8H00 (Tshandatshe bus stop).
I shail participate in this race at my own risk indemnity 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.	5km will start @ 8H00 (Tshandatshe bus stop). Bank details:	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.	5km will start @ 8H00 (Tshandatshe bus stop). Bank details:
	Bank : FNB Account no. : 62687420423		Bank : FNB Account no. : 62687420423
	Account name : Lusikisiki Harriers NB Please make sure reference is your Name/Surname.		Account name : Lusikisiki Harriers NB Please make sure reference is your Name/Surname.
Signature Guardian if younger than 18	On registration day athletes must bring proof of payment to Collect their name tags.	Signature Guardian if younger than 18	On registration day athletes must bring proof of payment to Collect their name tags.
Please tick one Box below:	RULES & INSTRUCTIONS	Please tick one Box below:	RULES & INSTRUCTIONS
Please tick one Box below: 21km	RULES & INSTRUCTIONS The race is run in strict accordance with the rules of IAAF, ASA and Athletics Transaci.	Please tick one Box below: 21 km 10 km Skm	RULES & INSTRUCTIONS ↑ The race is run in strict accordance with the rules of IAAF, ASA and Athletics Transkei.
	The race is run in strict accordance with the rules of IAAF, ASA and Athletics Transfeci.		The race is run in strict accordance with the rules of IAAF, ASA and Athletics Transkei.
Name Surname	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.	21km 10km 5km Name Sumame	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.
21km 10km 5km Name Surname Gender Male Female	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.	21km 10km 5km Name Surname Gender Male Female	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.
Name Surname	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.	21km 10km 5km Name Sumame	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.
21km 10km 5km Name Surname Gender Male Female Age Female	The race is run in strict accordance with the rules of IAAF, ASA and Athletics Transked. 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 eurphones & iPods allowed during the race.	21km 10km Skm Name Sumane Gender Male Female Age	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 carphones & iPods allowed during the race.
Name Surname Gender Male Female Age Date of Birth Identity No Cell No	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.	21 km 10 km 5 km Name Sumame Gender Male Female Age Date of Birth Identity No Cell No Cell No Skm Sk	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 camphones & iPods allowed during the race. Obey traffic officials and marshals.
Name Surname Gender Male Female Age Date of Birth Identity No Cell No Club/School	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.	21km 10km 5km	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.
Name Surname Gender Male Female Age Date of Birth Identity No Cell No	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 carphones & 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.	21 km 10 km 5 km Name Sumame Gender Male Female Age Date of Birth Identity No Cell No Cell No Skm Sk	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 carphones & 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.
Name Surname Gender Male Female Age Date of Birth Identity No Cell No Club/School Province	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 carphones & iPods allowed during the race. Obey traffic officials and marshals. Age category tags must be wom on the front and back. Registered athletes must wear full club colours and 2021 licence number. Organizing committee is not responsible for accommodating athletes &	Name Skm Name Sumame Sumame Sumame Gender Male Female Age Date of Birth Identity No Cell No Club'School Province Licence No. Emergency Contact Person	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 carphones & 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 &
Name Surname Gender Male Female Age Date of Birth Identity No Cell No Club/School Province Licence No.	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 eurphones & 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.	Name Sumame Sum	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.
Name Surname Gender Male Female Age Dute of Birth Identity No Cell No Club'School Province Licence No. Emergency Confact Person Initial'Surname Contact No	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.	21km 10km Skm Name Sumame Gender Male Female Age Date of Birth Identity No Cell No Club'School Province Licence No. Emergency Contact Person Ini- tial/Surname Contact No	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 camptones & 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.
Name Surname Gender Male Female Age Date of Birth Identity No Cell No Club/School Province Licence No. Emergency Contact Person Inii-Surname	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 eurphones & 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.	Name Sumame Gender Male Female Age Date of Birth Identity No Cell No Club School Province Licence No. Emergency Contact Person Ini- tial Surmane	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.
Name Surname Gender Male Female Age Date of Birth Identity No Cell No Club/School Province Licence No. Emergency Contact Person Initial/Surname Contact No Relationship	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 curphones & 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	Name Sumame Sum	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 camphones & 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
Name Surname Gender Male Female Age Date of Birth Identity No Cell No Club/School Province Licence No. Emergency Contact Person Ini- ual/Surname Contact No Relationship ENTRY FEES 21km 10km Skm	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 curphones & 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.	Name Sumame Gender Male Female Age Date of Birth Identity No Cell No Club School Province Licence No. Emergency Contact Person Initial Surrame Contact No Relationship ENTRY FEES 21 km 10km Skan	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 carphones & 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 cutry fee is non-refundable.
Name Surname Gender Male Female Age Date of Birth Identity No Cell No Club/School Province Licence No. Emergency Contact Person Ini- ual/Surname Contact No Relationship ENTRY FEES 21km 10km Skm	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.	Name Sumame Gender Male Female Age Date of Birth Identity No Cell No Club'school Province Licence No. Emergency Contact Person Ini- tial/Surname Contact No Relationship ENTRY FEES 21km 10km Shan	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 cauphones & 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.
Name Surname Gender Male Female Age Date of Birth Identity No Cell No ClibySchool Province Licence No. Emergency Contact Person InitialSurname Contact No Relationship ENTRY FEES 21km 10km 5km R140 R160 R50	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. All 21km participants must be 18'years or older. No animals allowed on the course. No curphones & 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 renes will finish at Lasiki Plaza next to Hanga IT Solutions. Starting Time: 21 km will sart @ 6150 (Taifhanzi bus stop).	21 km	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 10km participants must be 18 years or older. No animals allowed on the course. No animals allowed on the course. No carphones & 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 cuttry fee is non-refundable. Prize giving will be at 10:00. All races will finish at Lustid Plaza next to Hanga IT Solutions. Section 1 of 10 to 10
Name Surname Gender Male Female Age Date of Birth Identity No Cell No Club/School Province Licence No. Emergency Contact Person Ini- ual/Surname Contact No Relationship ENTRY FEES 21km 10km Skm	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. 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 Hanga IT Solutions. Starting Time: 21km will start (g 6453 of Tafabanzi bus stop). 3km will start (g 1970 (Tafabanzi bus stop). 3km will start (g 1970 (Tafabanzi bus stop). 3km will start (g 1970 (Tafabanzi bus stop).	Name Sumame Gender Male Female Age Date of Birth Identity No Cell No Club School Province Licence No. Emergency Contact Person Initial Surrame Contact No Relationship ENTRY FEES 21 km 10km Skan	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 aurphones & 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 Lustki Plaza next to Hanga IT Solutions. Starting Time: 21km will start @ H30 (Tafabanzi bus stop). Skan will start @ H30 (Tafabanzi bus stop).
Name Surname Surname Gender Male Female 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 Skm R140 R100 R50 Skm R140 R100 R50 Skm R140 R100 R50 Skm S	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 curphones & 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 Lastiki Plaza next to Hanga IT Solutions. Starting Time: 21 km will start @ 6140 (Taifhanzi bus stop). Skm will start @ 1810 (Taifhanzi bus stop). Skm will start @ 1810 (Taifhanzi bus stop). Bank detaihs: FNB Account no. = 62687420423	Name Skm Name Skm Sk	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 animals allowed on the course. No camphones & 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 Hanga IT Solutions. Sarting Time: 21km will start @ 61130 (Tafshanzi bus stop). Skm will start @ 81400 (Tafshanzi bus stop). Sank details: Bank Account no. 62687420423
Name Surname Surname Gender Male Female 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 Skm R140 R100 R50 Skm R140 R100 R50 Skm R140 R100 R50 Skm S	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 carphones & 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 Lastic Plaza next to Hanga IT Solutions. Starting, Time: 21 km will start (@ 1400 (Palmetron bus stop). Skm will start (@ 1400 (Palmetron bus stop). Skm will start (@ 1400 (Palmetron bus stop). Bank details: ENB	Name Skm Name Skm Sk	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 carphones & 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 Lastils Plaza next to Hanga IT Solutions. Santing Time: 21km will start @ 150 (Tafishanz bus stop). 10km will start @ 71400 (Palmerton bus stop). San will start @ 1540 (Tafishanz bus stop).

Please tick one Box below:

RULES & INSTRUCTIONS

RULES & INSTRUCTIONS

Please tick one Box below: