

# ELEVENTH WAKKERSTROOM MOUNTAIN CHALLENGE

Run under the auspices of Volksrust Marathon Club, and  
**WAKKERSTROOM WALKS & TRAILS**



**21.1KM & 10KM RUN/WALK + 16 KM TRAIL RUN  
 5KM FUN-RUN/WALK**



**WHEN: SATURDAY, 25th JUNE 2022**  
**ALL COVID PROTOCOLS TO BE ADHERED TO ON RACE DAY**

**START AND FINISH: NGK GROUNDS, KERK STREET, WAKKERSTROOM**

**STARTING TIME: for all races: 08h00**  
**PRIZE GIVING: 10H00 AT NGK GROUNDS**

**PRE-REGISTRATION:** FRIDAY, 24th JUNE 2022, 17h45 – 19h00 AT MUCKY DUCK  
**REGISTRATION:** SATURDAY, 25th JUNE 2022, NGK GROUNDS FROM 06h45

**EARLY BIRD:** Pre-registration with online payment prior to 1st June 2022, into the bank account:  
**R120 for 21.1km, R70 for 10km, R120 for Trail Run. Temporary License: R40, Fun-run/walk: R40.**  
 Please bring proof of payment.

**REGISTRATION ON RACE DAY: R130 for 21.1km, R80 for 10km, R130 for Trail Run,**  
**temporary- license R40. R40 for Fun-run/walk. See entry form for payment and other details**

**PRIZES: there will be no age category prizes.**

Prize monies and a **limited** amount of specially commissioned medals will be awarded to both male and female contestants, who finish in first place, as shown below. **Ordinary medals for all finishers.**

	PRIZE MONIES		MEDALS	
	RUN	WALK	RUNNERS	WALKERS
<b>21.1km</b>	1 <sup>st</sup> R500 2 <sup>nd</sup> R250 3 <sup>rd</sup> R150	1 <sup>st</sup> R300 2 <sup>nd</sup> R150 3 <sup>rd</sup> R100	"Gold" medals for first man and first woman.	"Gold" medals for first man and first woman.
<b>10km:</b>	1 <sup>st</sup> R300 2 <sup>nd</sup> R200 3 <sup>rd</sup> R120	1 <sup>st</sup> R200 2 <sup>nd</sup> R100 3 <sup>rd</sup> R60	"Gold" medals for first man and first woman.	"Gold" medals for first man and first woman.
<b>Trail Run 16km</b>	1 <sup>st</sup> R500 2 <sup>nd</sup> R250 3 <sup>rd</sup> R150		"Gold" medals for first man and first woman	n/a
<b>FUN-RUN 5km</b>	n/a	n/a	n/a	n/a

**Contact: RUPERT LAWLOR: 083 227 9020: rupert@lawlor.co.za**

**ELEVENTH WAKKERSTROOM MOUNTAIN CHALLENGE  
WAKKERSTROOM WALKS & TRAILS  
SATURDAY, 25TH JUNE 2022**

**Entry form:**

**Bank Details:** Postbank  
**Savings A/c**  
Account Name:  
Wakkerstroom Mountain  
Challenge Club  
Branch Code: 460005  
A/c No.: 00092768896  
Please use your Surname  
as reference on the deposit  
or EFT ,and bring proof of  
payment to registration.

Mark with X	21.1km	10km	16 km Trail Run	5km
Mark with X	Run	Run		
	Walk	Walk		
Entry fee	R 130 (R120)	R80 (R 70)	R 130 (R120)	R 40
Temp. license Mark with X	R 40	R40	R 40	n/a

Registration: rupert@lawlor.co.za

Surname and name			
ID Number			
Club			
2022 Club License No.		Temp License No:	
Province			
Date of Birth	Day	Month	Year
Gender	M:	F:	
Postal address			Code:
Emergency contact name		Telephone no:	
Tel no:	Home:	Work:	Cell:
E-mail:			

**Starting time for all races: 08h00    Prize Giving at: 10h00    Cut off time is: 11h30**

- Rules:**
- At present masks must be worn at start and end of race
  - The race will be run subject to the rules as laid down by the WA (World Athletics), ASA and AMPU House rules
  - Club colors with 2022 license numbers must be worn by registered athletes. Front & back of the vest not covering the ASA and sponsor name
  - Walker tags and Age category tags numbers to be worn (back and front on the upper part of vest, visible to see and not be covered by any rain jacket or hydrated pack) by registered athletes
  - Entrants for 21.1km events must be 16 years and older
  - **Entrants for 10 km event must be 14 years and older**
  - **Entrants for 5 km must be 9 years and older**
  - ID documents must be available on race day
  - Stand and hand seconding only
  - Marshals must be obeyed at ALL times
  - All foreign athletes must comply with WA (World Athletics) rules
  - The use of any type of earphones is not allowed on this race and will lead to disqualification
  - Failing to comply or disobeying these rules could lead to disqualification

**Indemnity:** (If the indemnity is **not signed** by the athlete and, in the case of a minor, by the parent or guardian, the athlete **may not run or walk** in any of the Wakkerstroom Mountain Challenge races).

I (and in the case of a minor the parent/guardian) declare that all information supplied by me is true and correct. I am medically fit to participate and understand that I enter this event entirely at my own risk. I accept that the organizers, sponsors and hosts shall not be held responsible (whether directly or indirectly) for any accident, injury, damage or loss of property, however arising, during, before or after the event, anywhere on the course or at the starting and ending venue. I accept that this is a voluntary event and that while the organizers seek to ensure that the event will occur in a safe manner, they cannot be held liable in any way for any damage, loss or injury which may be suffered (irrespective as to whether the damage or loss or injury arises from negligence (including gross negligence) or otherwise). I indemnify the organizers, hosts and sponsors against any and all claims which may arise as a result of my participation in the race and any loss or injury (of whatsoever nature and howsoever arising, including arising as a result of negligence including gross negligence) which I or my parents or dependent may suffer. I agree with the rules of the event.

PARENT/GUARDIAN

SIGNATURE

DATE

ID NUMBER