



ENTRY FORM 9 JULY 2022

Surname: _____

Name: _____

Address: _____

Identity No: _____

Tel no. (H): _____ (W) _____

(Cell): _____

Email: _____

Club: _____

2022 Licence no: _____ Male/Female _____

Category

| | | | | | | | | | |
|---|--|---|--|----|--|----|--|----|--|
| J | | S | | 40 | | 50 | | 60 | |
|---|--|---|--|----|--|----|--|----|--|

| | | | | | |
|------|--|------|--|-----|--|
| 21KM | | 10KM | | 5KM | |
| R150 | | R100 | | R50 | |

I participate at my own risk and hereby indemnify the organisers and sponsors from any claim that may arise from my participation.

Race is according to IAAF - & ASA rules

*Cut-off time 10h00

*Obey all traffic officials and race marshals

*No seconding will be allowed

*Athletes for 21km must be 18 years or older on race day, *Proof of age(ID) to be produced on request of race

*Registered athletes must wear full club colours *2022 license numbers must be worn on the front and back of the vest

*Temp licenses on the front

*Age category ID tags must be worn (back and front) by athletes competing for a category prize AND must be fixed on all 4 corners

*Walkers must have a "W" on the vest to qualify for prizes

*No Ipods allowed during the race *Referee decision is final.

Signature
(Parent or Guardian if under 18 years old)

Signature

Water tables sponsored

RACE ENQUIRIES, CONTACT

ANDRE 084 516 8374

MIKE 081 355 3026