



The Merewent 10km Run

Sponsored by Natraj Pharmacy

Sunday

18 September 2022

Starts @ 6.30am

@ Dhubri Road Sports grounds – Merebank

Registration on Saturday from 10.00am to 16.00pm
& On Sunday from 5.00am

Entry Fee R170.00
Temp license R50.00

| PRIZE MONEY | | | | | | |
|-------------|-----------|-----------|-----------------------|---------|---------------|---------|
| | OPEN | | JUNIORS (14 TO 19YRS) | | SENIORS (60+) | |
| | MEN | LADIES | MALE | LADIES | MALE | LADIES |
| 1ST | R1,500.00 | R1,500.00 | R300.00 | R300.00 | R300.00 | R300.00 |
| 2ND | R800.00 | R800.00 | | | | |
| 3RD | R400.00 | R400.00 | | | | |

Medals to
all finishers

Free T-Shirts
to 1st 200
finishers



The Merewent 10km Run

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------------------|---------------|--|--|--|--|--|--|--|--|--|--|--|--|-----|--|--|--|--|--|--------|---|--|---|--|
| PERSONAL DETAILS | FIRST NAME | | | | | | | | | | | | | | | | | | | | | | | |
| | SURNAME | | | | | | | | | | | | | | | | | | | | | | | |
| | DATE OF BIRTH | | | | | | | | | | | | | AGE | | | | | | GENDER | M | | F | |
| | ID NUMBER | | | | | | | | | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|----------------|--|--|--|--|--|--|--|--|--|--|--|--|----------|--|--|--|--|--|--|--|--|--|
| RUNNING DETAILS | CLUB NAME | | | | | | | | | | | | | | | | | | | | | | |
| | LICENCE NUMBER | | | | | | | | | | | | | PROVINCE | | | | | | | | | |

| | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|---------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| CONTACT DETAILS | E-MAIL | | | | | | | | | | | | | | | | | | | | | | |
| | CELL NO | | | | | | | | | | | | | | | | | | | | | | |

| | | | | |
|----------------------|-----------|------|--------------|-----|
| EVENT DETAILS | ENTRY FEE | R170 | TEMP LICENCE | R50 |
| | TOTAL | | | |

INDEMNITY
 I am medically fit to compete and fully understand that I enter at my own risk and the organisers and their sponsors will not be held responsible for any loss or injury during or as a result of the event. I agree to comply with the rules of the World Athletics, Athletics South Africa and KwaZulu-Natal Athletics for my participation in this event. If i am competing with a temporary licence, I am not covered by the ASA Athletic Medical Insurance Policy.

SIGNATURE _____ DATE _____

GENERAL RACE INFORMATION

- Min entrance age is 14 years old – ASA rule 22.10
- All licensed runners are required to display 2022 license numbers on the front and back of your vest/crop top with race numbers on the front - ASA Rule 25.4.8.
- Club colours must be worn by licensed athletes.
- New ASA/KZNA age category tags (60mm-80mm) must be worn on the front and back of vest/crop top and must be clearly visible to claim prizes.
- Traffic Officers, Race officials and Marshalls must be obeyed at all times.
- The race will be run subjected to the rules of WA, ASA and Kwa-Zulu Natal Athletics.
- Foreign Athletes must abide by WA Rule 4.2, 22.1 & 142 & ASA rule 9.
- Proof of age must be provided if entrant qualifies for a prize category - ASA Rule 2.14 and 5.14.
- No Personal Seconding.
- ASA Rule 25.6.15 - All entrants participate at own risk. Organisers and sponsors will not be held responsible for any loss or injury during or as a result of the race, property lost or damaged on the course or on the premises. Temporary licensed athletes are not covered by ASA Insurance Policy.
- All unlicensed entrants require a temporary license at R50 which must be worn on the back of the vest/crop-top and the race number must be on the front.
- Unlicensed entrants to wear plain colour vests/crop tops with no advertising.
- Litter Zones will be enforced at all Water Tables as per ASA Rule 28. There will be 3 water tables with Water and Coke.
- ASA Rule 34.10.6 For safety reasons the use of personal music players or other devices with headphones is not allowed. Any person may be disqualified without warning

RACE NUMBER COLLECTION

15. Race number collection day, Saturday 17th September 2022. @ Dhubri Road Grounds between 10:00 - 16:00 pm AND Sunday, 18th September 2022 @ 5.00 am

IMPORTANT INFORMATION

- Race will start at 6.30am sharp
- Race will finish at Dhubri Road grounds, cut of time 8.30am