



**11  
SEPT  
2022**

**Don't Let It Break You...**

**21KM RACE INFO**

**START TIME 06H30**

The race starts in Smithfield Street, Cambridge, near the Highgate Hotel & finishes at Oxford Striders, Beach Rd, Nahoon

**21KM ENTRY INFO**

- ENTRY FEE - R150 - TEMP LICENCE R45
- LONG SLEEVE T-SHIRTS - 1st 400 ENTRIES



**ENTRY INFO**

Enter Online: <https://zfrmz.com/wCLuSCixE1jWSquqUSla>  
 Online entries close at midday 8 Sept 2022  
**ENTER AND/OR COLLECT TIMING CHIP AT OXFORD STRIDERS CLUBHOUSE**  
 Saturday 3 Sept 09h00-12h00  
 Thursday 8 Sept & Friday 9 Sept 17h00-19h00  
 Saturday 10 Sept from 10h00-13h00

**TIMING CHIP INFO**

PLEASE COLLECT YOUR TIMING CHIP AT THE SPECIFIED ENTRY TIMES • ATTACH CHIP TO RUNNING SHOE • NO TIMING CHIP - NO RESULT

**ENQUIRIES INFO**

TANZI 083 978 8817  
 MARITZA 072 484 0714  
 Email: [entries@oxfordstriders.co.za](mailto:entries@oxfordstriders.co.za)



**It didn't Break You...**

**9KM ENTRY INFO**

**START TIME 07H00**

The race starts & finishes at Oxford Striders, Beach Rd, Nahoon

**9KM ENTRY INFO**

- ENTRY FEE - R110 - TEMP LICENCE R35
- SHORT SLEEVE T-SHIRTS - 1st 150 ENTRIES

**ALTHOUGH ENTRIES WON'T BE TAKEN AT SPORT SHOPS, ENTRY FORMS WILL BE MADE AVAILABLE AT TOTAL SPORTS & SPORTSMANS WAREHOUSE**

## PARTICIPANTS DETAILS

TIMING CHIP No.	ONLY COMPLETE IF YOU OWN A PURCHASED OXFORD STRIDERS TIMING CHIP							NATIONALITY	
WHICH RACE?	9KM <input checked="" type="checkbox"/>		21KM <input checked="" type="checkbox"/>					ATHLETIC CLUB	
FIRST NAME								CLUB LICENCE NO.	
SURNAME								TEMP NO.	
DATE OF BIRTH	Y Y Y Y / M M / D D							EMAIL	
GENDER	MALE <input checked="" type="checkbox"/>		FEMALE <input checked="" type="checkbox"/>					CELL NUMBER	
CATEGORY	JNR	SENIOR	35+	40+	50+	60+	70+	ID NUMBER	AGE

PLEASE INDICATE YOUR PREFERRED T SHIRT SIZE

S	M	L	XL	XXL
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ALLOCATION OF T-SHIRT SIZES ON A FIRST COME FIRST SERVED BASIS

### SPECIAL AGREEMENT INDEMNITY ( PARTICIPATION IN THIS EVENT IS AT YOUR OWN RISK )

*\*The Organisers (Athletics South Africa, Border Athletics, Oxford Striders Athletics Club and any other entity or persons assisting with the organisation of the Caltex Sole Teaser and Caltex Sole Destroyer, \*\*The Sponsor (Eyona Energy)*

I agree not to hold The Organisers\* and/or The Sponsor\*\* liable for any injury, illness, death, damage to and/or loss of property which I may suffer directly or indirectly as a result of my participation in the Caltex Sole Teaser and Caltex Sole Destroyer Race. I confirm that this indemnity is entered into for the benefit of The Organisers\* and/or The Sponsor\*\* as defined above. I agree to allow The Organisers\* and/or The Sponsor\*\* to use my email address to communicate with me and that any photographs taken may be used for promotional purposes. I consent to the Organisers\* processing my Personal Information as defined in the Protection of Personal Information Act, 4 of 2013, our Privacy Policy and details of our Information Officer is available on our website: [www.oxfordstriders.co.za](http://www.oxfordstriders.co.za)

Signature of Entrant  
( If the entrant is under the age of 18 years, the signature of the parent or guardian is also required )

Signature of Parent or Guardian  
( If the entrant is under the age of 18 years, the signature of the parent or guardian is also required )

PRIZE MONEY	21KM			9KM		
Prize Category	1st	2nd	3rd	1st	2nd	3rd
Runners - Men & Women Open	R800	R400	R200	R300	R200	R100
Runners - Men & Women 35+;40+;50+;60+;70+	R200	R150	R100	R100		
Runners - Junior Men & Women	R200	R150	R100	R100		
Runners - King & Queen of the Mountain *	R200					

\* Awarded to the first athlete to reach the top of Heart Break Hill provided the athlete completes the race with a top 10 finish  
**PRIZE WINNERS ARE REQUESTED TO ACKNOWLEDGE THE SPONSOR BY BEING PRESENT AT PRIZE GIVING**

REGISTRATION INFORMATION		
DATES	TIMES	VENUE
10 August to 12h00 on 8 September 2022	Online Entries	<a href="https://zfrmz.com/wCLuSCixE1jWSququUSla">https://zfrmz.com/wCLuSCixE1jWSququUSla</a>
Saturday 3 September 2022	09h00 to 12h00	Oxford Striders Clubhouse, Nahoon
Thursday 8 September 2022	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Friday 9 September 2023	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Saturday 10 September 2022	10h00 to 13h00	Oxford Striders Clubhouse, Nahoon

**NO ENTRIES WILL BE TAKEN ON THE MORNING OF THE RACE DUE TO THE ISSUING OF TIMING CHIPS  
OUT OF TOWN RUNNERS PLEASE CONTACT US SO WE CAN ASSIST YOU**

ENTRY FEE AND TEMPORARY LICENSE FEE	21KM	9KM
Entry fee	R150	R110
Temporary License Fee *	R45	R35
Minimum Age for Participation	16 Years	14 Years

**\* UNLICENSED ATHLETES ARE REQUIRED TO PURCHASE A TEMPORARY LICENSE NUMBER**

### RACE INSTRUCTIONS

This event is run under the rules and regulations of Athletics South Africa and Border Athletics. Athletes must wear their Club License No/Temporary No on the front of their running Vest. The second club License must be worn on the back of the vest. License numbers must be visible at all times during the race. Age flashes must be worn on the upper front and back of the vest or crop top to qualify for age category prizes. **Littering along the route will result in disqualification. Athletes must use the bins provided at the refreshment points.** Refreshment Stations will be provided at approximately 3km intervals. No Seconding vehicles will be allowed on the gravel section of the Sole Destroyer Route. The Shoe Timing Chip must be affixed to the athletes shoe. Placing it elsewhere may result in your finish time not being recorded. Prize Giving will take place at 10h30 or as soon as possible thereafter. Athletes present at prize giving will be eligible for lucky draw prizes.

### ATHLETE SAFETY

Athletes are responsible for their own safety during the event. The event is run on public roads and athletes must give way to vehicles at all times. If you make use of prescribed medication for the control of medical conditions such as Diabetes, Asthma, Epilepsy or Allergic Reaction etc then you must carry your prescribed medication with you during the event.

Medical response personnel will be on duty on the event course and at the finish. Race Marshals and Refreshment Station personnel will assist athletes to communicate with Medical Response if required.

Traffic officials and Race Marshals will be on the Route to assist with the safe passage of Athletes and failure to follow their direction may lead to your disqualification. Athletes must run no more than two abreast and on the right side of the road facing oncoming traffic unless the Traffic Officials instruct you to do otherwise. The use of ear phones or head phones during the race is a contravention of ASA rules and will result in your disqualification.



**Stars of the Future...**

**5KM RACE INFO**  
**START TIME 14H00**

The race starts and finishes at Oxford Striders, Beach Rd, Nahoon

**5KM ENTRY INFO**

- **ENTRY FEE - R60**
- **MEDALS FOR ALL FINISHERS**

**10 SEPT 2022**



**ALTHOUGH ENTRIES WON'T BE TAKEN AT SPORT SHOPS ENTRY FORMS WILL BE MADE AVAILABLE AT TOTAL SPORTS & SPORTSMANS WAREHOUSE**

**ENTRANTS MUST BE UNDER 14 YEARS OF AGE**

**ENTRY INFO**

Enter Online: <https://zfrmz.com/wCLuSCixE1jWSquqUSla>  
Saturday 3 Sept 09h00-12h00  
Thursday 8 Sept & Friday 9 Sept 17h00-19h00  
Saturday 10 Sept from 10h00-13h00

This event is run under the rules and regulations of Athletics South Africa and Border Athletics.

**TIMING CHIP INFO**

- COLLECT YOUR TIMING CHIP ON SAT 10 SEPT
- ATTACH LOAN CHIP TO RUNNING SHOE
- NO TIMING CHIP - NO RESULT

**ENQUIRIES INFO**

**TANZI 083 978 8817**  
**MARITZA 072 484 0714**  
**Email: [entries@oxfordstriders.co.za](mailto:entries@oxfordstriders.co.za)**

**TIMING CHIPS MUST BE RETURNED**

**PARTICIPANTS DETAILS**

TIMING CHIP No.	ADMIN TO COMPLETE
FIRST NAME	
SURNAME	
DATE OF BIRTH	Y Y Y Y / M M / D D
GENDER	MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>
AGE	

**ATHLETE SAFETY**

Medical response personnel will be on duty on the event course and at the finish. Race Marshals and Refreshment Station personnel will assist athletes to communicate with Medical Response if required.

Traffic officials and Race Marshals will be on the Route to assist with the safe passage of Athletes and failure to follow their direction may lead to your disqualification. Athletes must run no more than two abreast and on the right side of the road facing oncoming traffic unless the Traffic Officials instruct you to do otherwise.

The use of ear phones or head phones during the race is a contravention of ASA rules and will result in your disqualification.

**SPECIAL AGREEMENT INDEMNITY ( PARTICIPATION IN THIS EVENT IS AT YOUR OWN RISK )**

*\*The Organisers (Athletics South Africa, Border Athletics, Oxford Striders Athletics Club and any other entity or persons assisting with the organisation of the Caltex Little Sole Race, \*\*The Sponsor (Eyona Energy)*

I agree not to hold The Organisers\* and/or The Sponsor\*\* liable for any injury, illness, death, damage to and/or loss of property which I may suffer directly or indirectly as a result of my participation in the Caltex Little Sole Race. I confirm that this indemnity is entered into for the benefit of The Organisers\* and/or The Sponsor\*\* as defined above. I agree to allow The Organisers\* and/or The Sponsor\*\* to use my email address to communicate with me and that any photographs taken may be used for promotional purposes. I consent to the Organisers\* processing my Personal Information as defined in the Protection of Personal Information Act, 4 of 2013, our Privacy Policy and details of our Information Officer is available on our website: [www.oxfordstriders.co.za](http://www.oxfordstriders.co.za)

Signature of Parent or Guardian

(If the entrant is under the age of 18 years, the signature of the parent or guardian is also required)