

ENTRY FORM

BUCO Walker Drive.

License Number: _____ Temporary Number: _____

Surname: _____ First Name: _____ Postal Address: _____

_____ Code: _____

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

Date of Birth: ____ | ____ | ____ Age: ____ Gender: M: ____ F: ____

ID Number: _____ Club/School in full: _____

Emergency Contact: _____

Entry Fee 10km	R100.00	(please indicate with X)
Entry Fee 5km	R50.00	(please indicate with X)
Temporary License	R40.00 (Only 10km)	
Grand Masters (65+yrs)	R40.00 (licensed)	

TOTAL

INDEMNITY/WAIVER:

By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and release and discharge, to the fullest extent allowed in law, the organizers of the event, all sponsors, persons and organizations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or cost relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity. In terms of the Protection of Personal Information Act, I allow the Sponsors to contact me.

MINOR RELEASE: I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health and in proper physical condition to participate in such and I enter into this indemnity/waiver on behalf of the minor.

Signature: _____

Parent/Guardian if under 18 yrs: _____

10KM Road Race

- Full Club Colors to be worn during the race
- 2022 A.S.A. License numbers to be worn on front and back of vest
- Temporary licensed athletes to wear the issued number on the front of a plain vest or T-shirt
- Temporary license runners to produce proof of age on race day to qualify for category prizes
- Age identification must be worn on vest (back and front) to be eligible for category prizes
- The minimum age on the day of the race is 14yrs
- Cut of time: 1 Hour 45 min (1h45)
- Distance markers every 1km
- There will be water points along the road. Please do not litter. Bins will be provided.
- No personal seconding allowed
- All walkers are welcome
- Prize giving and lucky draw prizes at 08H30

5KM Road Race

- Bronze medals to all within cut-off time of 1 Hour 45 min (max 400)
- No license is needed for the fun run
- Water at the 2.5km mark
- The minimum age on the day of the race is 9yrs (Unless accompanied by an adult)

General

- Race held under the rules of ASA and the EPA. Athletes indemnify the National, Provincial and Regional Bodies, Sponsors and Organizers against all and any action of whatsoever nature, whatever same may be, arising out of their participation in the race.
- Race is organized in accordance with the rules of EPA and ASA.
- All race officials and marshals to be always obeyed
- All runners run on the righthand side of the road, or otherwise indicated.
- The wearing of earphones will lead to disqualification.
- Toilet facilities are available at the start/finish
- Littering outside of the allocated disposal points may lead to disqualification.
- Entries close at the following sport shop on Wed 05 October 2022 @ 16H00 - Brian Bands Running Clubs entering in bulk to be Pre entries only. No bulk entries will be accepted on the morning of the race.
- Pre-Race registration & late entries will take place at BUCO Walker Drive between 17h30 and 19h00 on Friday 07 October 2022 as well as from 05h00 on race day.
- Participants must be present to qualify for the lucky draws.

For further information contact

Kevin Benade- 079 490 0427

Justin Futter- 083 325 3499 - jfutter@bucoco.za (EMERGENCY CONTACT)