

## Out and Back from Beacon Bay Country Club, Beaconhurst Drive, Beacon Bay Sunday, 6 November 2022 at 06:30

## **RULES OF THE RACE**

- 1. All runners must wear their 2022 license numbers on the **front and back** of their vests. Age category **flashes** must be worn **front and back** to qualify for prize money.
- 2. Race numbers must be on the front and temp licences on the back of the vest.
- 3. All race officials must be obeyed.
- 4. All entrants must be 14 years of age or older.
- 5. No ear phones or head phones to be worn. Please adhere to this or you could be disqualified.

## ENTRIES

- 1. Entries at Sportsmans Warehouse, Beacon Retail Park up to 2.00pm on Friday, 4<sup>th</sup> November 2022.
- 2. Entries will not be taken at the start
- 3. Cost for race R100.00.
- 4. TEMPORARY LICENCES at Sportsmans Warehouse at R35.00 per license.

## **GENERAL INFORMATION**

- 1. Medals to the first 200 finishers.
- 2. Two refreshment stations will be provided. (out and back)
- 3. Enquiries please contact Graham Reynolds on 082 448 0727 or grahamR@iteweb.co.za

RUNNERS Male and Female					
Category	1st	2nd	3rd		
Open	R200	R150	R100		
Juniors, 35+, 40+ and 50+	R150	R120	R100		
60+	R150	R120	R100		

THERE WILL BE **NO PRIZE GIVING.** DUE TO A CHURCH SERVICE AT THE CLUB. PLEASE PRINT YOUR EMAIL ADDRESS AND CELL / PHONE NUMBERS CLEARLY ON THE ENTRY FORM SO THAT WE CAN CONTACT YOU FOR YOUR BANKING DETAILS.

10 KM RACE ENTRY FORM			RACE NO			
SURNAME :		FIRST NAME				
GENDER : Female Male CATEGORY RUNNERS: Open / Junior / 35+ / 40+ / 50+ / 60 +						
CLUB:		DATE OF BIRTH:				
ID NUMBER:	2022 LICENCE NUMBER					
AGE ON RACE DAY: TEM	P. LICENCE NO:		ENTRY FEE: R100.00	TEMPORARY LICENCE: R35.00		
SIGNATURE:	Cell:		Email:			
EMERGENCY DETAILS:	Name:		Phone:			

Participation in this event is at my own risk without any recourse to the organizers. Signature of parent or guardian required if under the age of 18 Run in accordance with the rules of ASA and BA.