

PRIZE MONEY AND AGE CATEGORY

MALE & FEMALE	
10km	
Open (14 +)	
1	R1 200.00
2	R1 000.00
3	R800.00
4	R600.00
5	R400.00

Juniors(14 - 19)		Boys & Girls(09 - 11)	
1	R500.00	1	R150.00
2	R300.00	2	R100.00
3	R200.00	3	R50.00

Sub-Vet (35 – 39)		Boys & Girls (12 - 13)	
1	R500.00	1	R150.00
2	R300.00	2	R100.00
3	R200.00	3	R50.00

Veterans (40 – 49)	
1	R500.00
2	R300.00
3	R200.00

Masters (50 – 59)	
1	R500.00
2	R300.00
3	R200.00

Grand Masters (60+)	
1	R500.00
2	R300.00
3	R200.00

HOSTS



LUSIKI PLAZA



&

LUSIKI HARRIERS ATHLETICS CLUB

10KM & 5KM

18
DECEMBER
2022

ENTRY FEE (For Licensed Athletes)

5KM = R50.00

10KM = R100.00

ENTRY FEE (For Unlicensed Athletes)

10KM = R150.00

All finishers get medal both 5&10km

First 100 entries get free T-Shirt, First come first save



Bank: Nedbank
Branch: Lusikisiki
Acc. No.: 2053048611
Acc. Holder: Lusiki Harriers A/C
Reference: Applicant's full name

FOR MORE INFORMATION AND ENQUIRIES
PLEASE CONTACT: 083 965 5905 - 083 582 4021
071 984 2762






Please tick one Box below:

5km

10km

Name			
Surname			
Gender	Male	<input type="checkbox"/>	Female
Age			
Date of Birth			
Identity No			
Cell No			
Email Address			
Running Club			
Province			
Licence No			
Emergency Contact Person			
Initial & Surname			
Contact No.			
ENTRY FEES			
5km	10km	TEMP LICENCE	TOTAL:
R50	R100	R50	

I shall participate in this race at my own risk Indemnify ATRA, the organizers and sponsors of this race against any claims that may result from participation and agree to abide by the rules and instructions of the race.

.....
Participant

.....
Guardian (Under 18)

Rules & Instructions

1. The race is run in strict accordance with the rules of IAAF, ASA and ATRA.
2. All foreign athletes must comply with IAAF rule 4.2 and ASA rule 4.5.
3. All 10km participants must be 14 years or older.
4. No animals allowed on the course.
5. No Earphones & iPods allowed during the race.
6. Obey traffic officials and marshals.
7. Age category tags must be worn on the front and back (Not tag no prize).
8. Registered athletes must wear full club colours and 2022 licence number.
9. Individual athletes must wear temporal licence (no temporal no prize).
10. Organizing committee is not responsible for accommodating athletes & officials.
11. All athletes participate at their own risk.
12. The federation ASA, ATRA, Organizers/Sponsors will not be held responsible for any loss/ injury sustained during and after the race.
13. The race committee reserves the right to accept or reject any entry.
14. The entry fee is non-refundable.
15. Prize giving will be at 10:00
16. Race Numbers & Hand-outs to be collected on; Saturday at Lusiki Plaza from 12H00am – 06H00pm and on a race day Sunday 05H00am – 06H30am

The race will start at Palmerton bus stop (10km) & Tshandatshe bus stop (5km) all finish at Lusiki Plaza (Lusikisiki).

Starting Times: 10km will start at 7H00am, 5km will start at 7H30am.

Official cut off times: 10km cut off time 09H30, 5km cut off time 09H30