



*Fun for the whole family.*  
Many lucky draw prizes.

## ONRUS 10km and 6km fun run

# 22 December 2018

Onrus Beach - The Milkwood Bistro Restaurant  
07h00 (fun run 07h15) | 10km - R50 | 6km - R30  
Entries: 05h30 - 06h45 or [www.enteronline.co.za](http://www.enteronline.co.za)

RULES AND REGULATIONS

- Registered athletes must wear 2018 licence numbers.
- Temporary licences **for non-registered runners or runners without their 2 official numbers** will be available at **R40.00** between 05h30 & 06h45 at the start on the morning of the race.
- Cut-off time to qualify for prizes is 08h30.
- Prize-giving will be at 09h00.
- The Race is organized in accordance with the rules of Athletics South Africa and Boland Athletics.
- Athletes must be 15 years of age on the day of the race to be allowed to participate in the 10km race.
- Traffic officials and marshals must be obeyed at all times. Disregarding this rule, may lead to disqualification.
- Refreshment tables stocked with Coke and water.
- No seconding from a moving vehicle will be permitted.
- Every kilometer will be marked.
- Results will be available at [www.whalersac.co.za](http://www.whalersac.co.za).
- Athletes enter entirely at their own risk. Organizers and Sponsors are not responsible for any loss, damage or injury to participants.
- Proof of age and category tags is required for category prizes.
- No advertising, in the form of tattoos, or any other form of display is permitted by athletes other than that of the official club vest or the event race number.
- The entry fee is non-refundable.

Prizes 10km	Team	Open	Juniors	40+	50+	60+	70+
Men	R400	500 300 200	200 150 100	200 150 100	200 150 100	200 150 100	150 100
Women	R400	500 300 200	200 150 100	200 150 100	200 150 100	200 150 100	150 100
Medals	Gold	Silver	Bronze	6km fun run			
	First 3 men & first 3 woman	4 - 50	51 - 500	Medals for first 300 finishers (no prize money)			

Route record held by Owen McHelm (29:36) and Elana Meyer (35:24) • Incentive: R200 for first male under 29:30min and R200 for first female under 35min

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FinGlobal Migration (Pty) Ltd is a licensed South African Financial Services Provider. FSP no. 42872



## FinGlobal Onrus 10km

22 December 2018 • R50 entry fee (no cheques)

Licence No. 2018             Temp no. **T**

First name

Surname

Birth date             Age  Gender **M** **F**  
as on 22/12/2018

**Address**

Postal

Street

Code

**Official use**

Race no.

Cat code

**Team code**

Club

Prov.

### Contact information

Email:

Tel (home)   -         Tel (w)   -

Mobile   -         Fax   -

### Emergency and medical information

Contact person

Mobile   -         Tel (h)   -

Medical aid           No.

### Club information

Athletic club

Province           Province code

### Please CIRCLE the category you are entering below

Junior woman  **J** Junior men  **J**

Open woman  **20-39** Open men  **20-39**

Master woman  **40+**  **50+**  **60+**  **70+** Master men  **40+**  **50+**  **60+**  **70+**

### Entry fees

Entry fee = R50 (please no cheques)

Temporary licence number: R40 if not in possession of two 2018 licence numbers.

### Indemnity and waiver

I declare that I am an amateur and undertake to participate in the above event entirely at my own risk. I agree that I shall have no claim whatsoever against the organisers, officials, marshals, helpers, sponsors, any local authority or any landowner or the employees or servants of any of the above parties for any loss, damage or injury whatsoever which I may suffer as a result of my participation in this event including my arrival there at and departure there from and any ceremonies of functions thereof. In the event of my signing this form as a guardian of a minor, I hereby consent to such minor being bound by the waiver including to the extent to which he/she is not capable of waiving his/her rights as stipulated above.

Participant

Parent/Guardian (if under 18)

Date