



DG PANEL AND PAINT CC CHALLENGE

32km Run Only, 16km Run/Walk



Hosted By:

**SYDENHAM
SPORTS CLUB**

Date	Sunday 05 February 2023
Start	05.00am Barnes Road, Sydenham
Finish	Barnes Road Grounds, Sydenham
Registration	Saturday 04 February 2023 10.00am – 17.00pm Sydenham Clubhouse
Online Entries	https://www.eventtiming.info/sydenham
Closing Date	Wednesday 01 February 2023
Entry Fee	32km R - R230 / Late Entry R250.00 16km R/W- R180.00 / Late Entry R190.00
Temp. Licence	32km - R100 / 16km - R60
Cut Off Time	16km - 3 Hours (Prize Giving 08.00am) 32km - 4.5 Hours (Prize Giving 9.30am)
Enquiries	Anita 084 254 2468 / 083 603 2584

**Medals To All
Finishers Within
The Cut Off Time**

A graphic of a medal with a ribbon, positioned at the bottom right of the page.

PRIZE MONEY

32 KM – M/F (19yrs + over)

	OPEN	35-39	40-49	50-59	60+	
1	R600.00	R150.00	R150.00	R150.00	R150.00	
2	R400.00					
3	R250.00					

16 KM RUN - M/F (16yrs + over)

	OPEN	35-39	40-49	50-59	60+	JUNIOR
1	R300.00	R100.00	R100.00	R100.00	R100.00	R200.00
2	R200.00					R150.00
3	R100.00					R100.00

16 KM WALK - M/F (16yrs + over)

	OPEN	35-39	40-49	50-59	60+	
1	R300.00	R100.00	R100.00	R100.00	R100.00	
2	R200.00					
3	R100.00					

ENTRY FORM

NAME|

SURNAME|

ID NO.|

D.O.B.|

GENDER|

CLUB|

PROVINCE|

LICENCE NO.|

CELL NO.|

32km Run

16 km Run

16km Walk

INDEMNITY

I am medically fit to run/walk and fully understand that I enter and participate at my own risk and will not hold the organisers, responsible for any injuries or loss I may suffer through participation in the race, or any property lost or damaged on the course, or in the changing area.

Signature:

Date:

RULES

- 1] This race is run in according to the rules as laid down by the WA, ASA, and KZNA and all entrants must abide by these rules. All foreign athletes must abide by WA rule 4.2 and 142.
- 2] The minimum age limit of an entrant for the 32km is 19 years and the 16km is 16 years.
- 3] Current ASA licenses, age category and walker tags must be clearly worn on the front and back of the vest/crop top.
- 4] Junior athletes are recognised as being 19 in the full year of competition. Open and above recognised at the age on the day of competition.
- 5] Temporary licenses (if purchased) must be worn on the back of the vest/crop top.
- 6] Club colours must be worn.
- 7] Proof of age **MUST BE PRODUCED** if entrant qualifies for a prize category.
- 8] Race entry fees are not refundable.
- 9] Refreshment tables will be provided. Personal seconding is not permitted.
- 10] No pacing is permitted.
- 11] Marshals and traffic officials must be obeyed.
- 12] All entrants participate at their own risk. Organisers and sponsors will not be held responsible for any loss or injury during or as a result of the race, property lost or damaged on the course or in the changing area.
- 13] No littering rule (WA Clause 28.4 & 28.5 - Rule 125) applies.

SPECIAL THANKS



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