

# KEMPSTON

Ladies Nite Race

## 5km & 10km



MORE INFO ON  
THE KEMPSTON EVENTS  
& OXFORD STRIDERS  
FACEBOOK PAGES

4 MARCH 2023

# ENTRY FORM



TEMP LICENCE - R40.00 (10KM ONLY)

5KM-R70

NO TIMING  
CHIP NEEDED

## 10KM - STARTS 17h00

The 10km race starts in Utrecht Ave,  
Bonnie Doon & finishes at Oxford Striders

10KM-R110+R30

TIMING CHIP  
PURCHASE

## 5KM - STARTS 15h30

The 5km race starts in Smartt Road,  
Nahoon & finishes at Oxford Striders

2600 Vests/T-Shirts will be issued to pre-entries, there  
after Vests/TShirts will be ordered for entrants over 2600

ENTRIES/COLLECTION OF CHIP AND T-SHIRT/VEST  
at Oxford Striders Clubhouse:

- Saturday 25 February 9h00-12h00
- Wednesday 1 March 17h00-19h00
- Thursday 2 March & Friday 3 March 17h00-19h00
- Saturday 4 March from 9h00-14h00 (5km entries)  
& 9h00-12h00 (10km entries)

### OXFORD STRIDERS BANKING DETAILS

Account Name: Oxford Striders / Bank: Nedbank /  
Type of Account: Current / Branch: East London /  
Account No: 1210 346605 / Branch Code: 121021

Please use KLNLR your initials and surname as reference

Enter Online: <https://zfrmz.com/ha4HiUBUvzuJ7PRUgfUn>  
ONLINE ENTRIES ARE OPEN & CLOSE ON 24 FEBRUARY 2023

NO ENTRIES WILL  
BE TAKEN FOR THE 10KM  
AFTER 12PM ON THE DAY OF THE RACE

### TIMING CHIP PURCHASE

The Timing Chips Fee is only payable if you don't already own  
an Oxford Striders Timing Chip. These chips will be yours to  
keep and can be used at any Oxford Striders event.

**PRE OWNED CHIPS** - If you already own a timing chip please  
bring it to Oxford Striders for verification when collecting  
your race shirt.

### RACE ENQUIRIES

TANZI 083 978 8817 OR MARITZA 072 484 0714

EMAIL ENQUIRIES: [entries@oxfordstriders.co.za](mailto:entries@oxfordstriders.co.za)

# PARTICIPANTS DETAILS

TIMING CHIP No.	ONLY COMPLETE IF YOU OWN A PURCHASED OXFORD STRIDERS TIMING CHIP							ATHLETIC CLUB		
FIRST NAME								CLUB LICENCE NO.		
SURNAME								TEMP NO.		
DATE OF BIRTH	Y Y Y Y / M M / D D							EMAIL		
GENDER	MALE			FEMALE				CELL NUMBER		
CATEGORY	JNR	SNR	35+	40+	50+	60+	70+	ID NUMBER		
WHICH RACE ?	5km		10km				AGE		NATIONALITY	

VEST  T-SHIRT 

10 YEAR	S	M	L	XL	XXL	XXXL
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 PLEASE INDICATE YOUR PREFERRED SIZE ALLOCATION OF VEST SIZES ON A FIRST COME FIRST SERVED BASIS

## SPECIAL AGREEMENT INDEMNITY ( PARTICIPATION IN THIS EVENT IS AT YOUR OWN RISK )

*\*The Organisers (Athletics South Africa, Border Athletics, Oxford Striders Athletics Club and any other entity or persons assisting with the organisation of the Kempston Ladies Nite Race, \*\*The Sponsor ( Kempston Group)*

I agree not to hold The Organisers\* and/or The Sponsor\*\* liable for any injury, illness, death, damage to and/or loss of property which I may suffer directly or indirectly as a result of my participation in the Kempston Ladies Nite Race. I confirm that this indemnity is entered into for the benefit of The Organisers\* and/or The Sponsor\*\* as defined above. I agree to allow The Organisers\* and/or The Sponsor\*\* to use my email address to communicate with me and that any photographs taken may be used for promotional purposes. I consent to the Organisers\* processing my Personal Information as defined in the Protection of Personal Information Act, 4 of 2013, our Privacy Policy and details of our Information Officer is available on our website: [www.oxfordstriders.co.za](http://www.oxfordstriders.co.za)

Signature of Entrant

Signature of Parent or Guardian

( If the entrant is under the age of 18 years, the signature of the parent or guardian is also required )

PRIZE MONEY		10KM		
Prize Category		1st	2nd	3rd
Runners - Women Open		R2000	R1500	R1000
Runners - Women 35+;40+;50+;60+;70+		R500	R300	R200
Runners - Women Junior		R600	R400	R200

**WE KINDLY REQUEST THAT PRIZE WINNERS BE PRESENT FOR PRIZE GIVING WHICH WILL BE HELD AS CLOSE TO 20H00 AS POSSIBLE.**

REGISTRATION INFORMATION (ENTRIES & COLLECTION)		
DATES	TIMES	VENUE
Saturday 25 February	9h00 to 12h00	Oxford Striders Clubhouse, Nahoon
Wednesday 1 March 2023	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Thursday 2 March 2023	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Friday 3 March 2023	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Saturday 4 March 2023	09h00 to 14h00 - 5km / 09h00 to 12h00 - 10km	Oxford Striders Clubhouse, Nahoon

**ENTRIES FOR THE 10KM CLOSE AT 12PM ON THE DAY OF THE RACE DUE TO THE ISSUING OF TIMING CHIPS**

ENTRY FEE AND TEMPORARY LICENSE FEE	10KM	5KM
Entry fee	R110	R70
Timing Chip	R30	-
Temporary License Fee *	R40	-
Minimum Age for Participation	14 Years	All ages

**\* UNLICENSED ATHLETES ARE REQUIRED TO PURCHASE A TEMPORARY LICENSE NUMBER**

## RACE INSTRUCTIONS

1. This event is run under the rules and regulations of Athletics South Africa and Border Athletics.
2. Athletes must wear their Club License No/Temporary No on the front of their running vest. The second club License must be worn on the back of the vest.
3. License numbers must be visible at all times during the race.
4. Age flashes must be worn on the front and on the back of the vest or crop top to qualify for age category prizes.
5. The Shoe Tag Timing Chip must be affixed to the athlete's shoe. Placing it elsewhere may result in your finish time not being recorded.
6. Updates regarding the race are available on the Oxford Striders & Kempston Events Facebook pages & on the Kempston Events website or by emailing [entries@oxfordstriders.co.za](mailto:entries@oxfordstriders.co.za)
7. REGISTRATION for both races ONLY available at Oxford Striders, Beach Road, Nahoon. NO ENTRIES WILL BE TAKEN AT SPORTS SHOPS. Entry forms are available on the Kempston Website, Oxford Striders Website, Total Sports Vincent Park, Total Sports Hemingways, and Sportsmans Warehouse.
8. Temp Licences at R40, ONLY NEEDED FOR THE 10 km RACE, are available at registration, from Oxford Striders Running Club.
9. 2600 T-Shirts/Vests will be available at race registration for both races, there after orders will be placed and available within 4 weeks of race date, to accommodate anyone who did not receive a garment and choice of size and garment will be available on a first-come-first-served basis.
10. There will be refreshment stations provided along both the 5km & 10km routes.
11. **MALE RUNNERS MAY ONLY ENTER THE 5KM RACE. PLEASE DRESS UP TO ADD TO THE FESTIVITIES.**

## ATHLETE SAFETY

Athletes are responsible for their own safety during the event. The event is run on public roads and athletes must give way to vehicles at all times. If you make use of prescribed medication for the control of medical conditions such as Diabetes, Asthma, Epilepsy or Allergic Reaction etc then you must carry your prescribed medication with you during the event. Medical response personnel will be on duty on the event course and at the finish. Race Marshals and Refreshment Station personnel will assist athletes to communicate with Medical Response if required. Traffic officials and Race Marshals will be on the Route to assist with the safe passage of Athletes and failure to follow their direction may lead to your disqualification. Athletes must run no more than two abreast and on the right side of the road facing oncoming traffic unless the Traffic Officials instruct you to do otherwise. The use of ear phones or head phones during the race is a contravention of ASA rules and will result in your disqualification.