



**15KM CHALLENGE** 

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## **MEYERS 5KM FUN RUN/WALK**

When: Saturday 6 May

Time: 15km 6 00 am

5km 7am @ Club

Start: 15km Intersection of

Chamberlain Road &

Pearce Street

Registration: Hamilton Club only

Times: 2pm to 7pm

15km Entry Fee: R125.00 | 5km Entry Fee: R35

Temporary Licence: R40.00

# PLEASE NOTE THE RACE REGISTRATION PROCEDURES

Enquiries: Bronek Urban on 082 577 0932

www.facebook.com/vqsdieseldepot for photos and more!

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RSA ID Number (or passport number)																				
First Name																				
Surname																				
Date of Birth	Υ	Y Y Y M					M D D G					ender								
Category		Junior (<20)				Open (20-34) 35			-39	39 40-4				49 50-59 60						
Licenced Athletes - complete this section (15km only)																				
Club																				
2022 Licence																				
Unlicenced Athletes - complete this section (15km only)																				
Temporary Licence	ce																			
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Postal Address:																				_
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Telephone No.:	Cell No.:																			
This race is run under	the	rule	es of	f th	e W	A, A	\SA	and	Bor	der	Atk	nlet	ics.							
All 15km entrants must														ASA	rul	e 22	2.10)	)		
I declare that I am an risk and indemnify the my participation.																				
Signature				Assisted by Parent or Guardian (if unde										nde	r 1	8)				
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Date			-				R	5kr lace imb	ટ											

### 15km RULES OF THE RACE

Wearing of club colours for licenced athletes is optional. Licenced athletes must wear their 2023 licence numbers on the <u>front and back</u> of their tops. Unlicenced athletes must obtain temporary licence numbers which must be worn on the <u>back</u> of their tops. In addition, all participants will be issued race numbers which must be worn on the <u>front</u> of their tops (and just below the ASA licence number for licenced athletes). Non-compliance could lead to disqualification.

Advertising and/or sponsors logos are permitted on all gear.

No seconding is permitted on the course except within 100 metres of the water tables.

Age-identification flashes, available from running clubs or Border Athletics, must be worn to be eligible for prizes in the various age categories.

### 15km ENTRIES

Entry fee is R125.00 for all participants.

South African ID Numbers must be completed for all athletes (ASA Rule 4.1).

The race will be electronically timed. You can enter, pay the required fee and register for the race at Hams Club between 2pm and 7pm from Monday, 1st May to Friday, 5th May 2023.

You will be able to collect your race numbers and purchase temporary licences from the Club at the above times.

Late entries will be accepted on the day of the race between 5am and 6am from Hams Club. A late entry fee penalty of R25 will be levied.

### **GENERAL INFORMATION**

The date of the race is Saturday, 6th May 2023. The start is at 6 am.

There is no cut-off time.

The race starts in Chamberlain Road, near the intersection with Pearce Street, and finishes at the Hamilton Club.

The course will be marked every kilometre and there are water tables every 3 kilometres on the course.

Prize-giving will take place, at the finish, as close to 9.30 am as possible.

All finishers will be eligible for lucky draw prizes, provided they are present at the prize-giving.

All 15km finishers will receive a hotdog and tea or coffee and the first 800 home will receive a free race T-shirt.

All race enquiries should be addressed to:

Bronek Urban: 082 577 0932 (Cell)

#### 5km FUN RUN ENTRIES

No timing, no prizes and hotdog at the finish