

12th WAKKERSTROOM MOUNTAIN CHALLENGE
 Run under the auspices of Volksrust Marathon Club, and
WAKKERSTROOM WALKS & TRAILS



**21.1KM & 10KM RUN/WALK + 16 KM TRAIL RUN
 5KM FUN-RUN/WALK**

WHEN: SATURDAY, 17th JUNE 2023

START AND FINISH: NGK GROUNDS, KERK STREET, WAKKERSTROOM

STARTING TIME: for all races: 08h00

PRIZE GIVING: 10H00 AT NGK GROUNDS



PRE-REGISTRATION: FRIDAY, 16th JUNE 2023, 17h45 – 19h00 AT NGK HALL

REGISTRATION: SATURDAY, 17th JUNE 2023, NGK GROUNDS FROM 06h45

EARLY BIRD: Pre-registration with online payment prior to 1st June 2023, into the bank account: R120 for 21.1km, R70 for 10km, R120 for Trail Run. Temporary License: R40, Fun-run/walk: R40. Please bring proof of payment.

REGISTRATION ON RACE DAY: R140 for 21.1km, R90 for 10km, R140 for Trail Run, temporary- license R40. R50 for Fun-run/walk. See entry form for payment and other details.

PRIZES: THERE WILL BE NO AGE CATEGORY PRIZES.

Prize monies and a **limited** amount of specially commissioned medals will be awarded to both male and female contestants, who finish in first place, as shown below. **Ordinary medals for all finishers.**

	PRIZE MONIES		MEDALS	
	RUN	WALK	RUNNERS	WALKERS
21.1km	1 st R500 2 nd R300 3 rd R200	1 st R300 2 nd R150 3 rd R100	"Gold" medals for first man and first woman.	"Gold" medals for first man and first woman.
10km:	1 st R300 2 nd R200 3 rd R120	1 st R200 2 nd R100 3 rd R60	"Gold" medals for first man and first woman.	"Gold" medals for first man and first woman.
Trail Run 16km	1 st R500 2 nd R300 3 rd R200		"Gold" medals for first man and first woman	n/a
FUN-RUN 5km	n/a	n/a	n/a	n/a

Contact: RUPERT LAWLOR: 083 227 9020: rupert@lawlor.co.za

**12th WAKKERSTROOM MOUNTAIN CHALLENGE
WAKKERSTROOM WALKS & TRAILS
SATURDAY, 17TH JUNE 2023**

Entry form:

Bank Details: Postbank
Savings A/c

Account Name:
Wakkerstroom Mountain
Challenge Club
Branch Code: 460005
A/c No.: 00092768896
Please use your Surname
as reference on the deposit
or EFT, and bring proof of
payment to registration.

Registration: rupert@lawlor.co.za

Mark with X	21.1km	10km	16 km Trail Run	5km
Mark with X	Run	Run		
	Walk	Walk		
Entry fee	R 140	R 90	R 140	R 40
Early Bird 1 June	R 120	R 70	R 120	R 50
Temp. license Mark with X	R 40	R40	R 40	n/a

Surname and name												
ID Number												
Club												
2023 Club License No.	Temp License No:											
Province												
Date of Birth	Day			Month			Year					
Gender	M:						F:					
Postal address											Code:	
Emergency contact name							Telephone no:					
Tel no:	Home:				Work:				Cell:			
E-mail:												

Starting time for all races: 08h00 Prize Giving at: 10h00 Cut off time is: 11h30

Rules:

- The race will be run subject to the rules as laid down by the WA (World Athletics), ASA and AMPU House rules.
- Club colors with 2023 license numbers must be worn by registered athletes. Front & back of the vest not covering the ASA and sponsor name.
- Walker tags and Age category tags numbers to be worn (back and front on the upper part of vest, visible to see and not be covered by any rain jacket or hydrated pack) by registered athletes.
- Entrants for 21.1km events must be 16 years and older.
- **Entrants for 10 km event must be 14 years and older.**
- **Entrants for 5 km must be 9 years and older.**
- ID documents must be available on race day.
- Stand and hand seconding only.
- Marshals must be obeyed at ALL times.
- All foreign athletes must comply with WA (World Athletics) rule.
- The use of any type of earphones is not allowed on this race and will lead to disqualification.
- Failing to comply or disobeying these rules could lead to disqualification.

Indemnity: (If the indemnity is **not signed** by the athlete and, in the case of a minor, by the parent or guardian, the athlete **may not run or walk** in any of the Wakkerstroom Mountain Challenge races).

I (and in the case of a minor the parent/guardian) declare that all information supplied by me is true and correct. I am medically fit to participate and understand that I enter this event entirely at my own risk. I accept that the organizers, sponsors and hosts shall not be held responsible (whether directly or indirectly) for any accident, injury, damage or loss of property, however arising, during, before or after the event, anywhere on the course or at the starting and ending venue. I accept that this is a voluntary event and that while the organizers seek to ensure that the event will occur in a safe manner, they cannot be held liable in any way for any damage, loss or injury which may be suffered (irrespective as to whether the damage or loss or injury arises from negligence (including gross negligence) or otherwise). I indemnify the organizers, hosts and sponsors against any and all claims which may arise as a result of my participation in the race and any loss or injury (of whatsoever nature and howsoever arising, including arising as a result of negligence including gross negligence) which I or my parents or dependent may suffer. I agree with the rules of the event.

PARENT/GUARDIAN

SIGNATURE

DATE

ID NUMBER