

DUST2TAR SERIES

HOSTED BY RUN WALK FOR LIFE @ MANKELE

SATURDAY, 19 AUGUST, 2023

Register online
www.entrygeek.com

RUN WALK
FOR LIFE
NELSPRUIT

ENTRY
GEEK.COM



MANKELE

Make Life Your Adventure!



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dust2tar@entrygeek.co.za

ENTRIES CLOSE 10 AUGUST

LATE ENTRY ADMIN FEE R50

4.9KM TRAIL RUN @7:15AM - R50

9.8KM TRAIL RUN @7:15AM - R100

10M ROAD RUN @7:00AM - R100

32KM ROAD RUN @7:00A - R200

MEDALS TO ALL FINISHERS
FREE TSHIRT TO FIRST 50 ENTRIES
PRIZE GIVING @ 11AM

DUST2TAR ENTRY FORM 2023

10KM ROAD RUN (R100) _____ 32KM ROAD RUN (R200) _____
4.9KM TRAIL RUN (R50) _____ 9.8KM TRAIL RUN (R100) _____

TEMP LIC R40: _____ TSHIRT (R150) : _____

First Name: _____

Last Name: _____

ID Number: _____

Gender: _____ Age: _____

Cell / Tel No: _____ Email: _____

Club: _____ ASA 2023 No: _____

Category: J _____ | S _____ | 40+ _____ | 50+ _____ | 60+ _____ | W _____

Tshirt Size: XS _____ | S _____ | M _____ | L _____ | XL _____ | XXL _____

"I declare that I participate in this event at my own risk and indemnify the organizers/sponsors against any injuries or loss. Athletes who are using medication to treat an illness or condition that falls under the prohibited list should complete a Therapeutic Use Exemption (TUE) before entering the event and obtain authorization from SAIDS to take the necessary medicine or method."

Competitor's Signature: _____ Date: _____

Prizes for this competition will include spot prizes, vouchers, hampers, and other non-monetary rewards.

- REFEREES' DECISION IS FINAL. Obey all traffic officials and race marshals.
- The race will be run according to the rules of ASA, World Athletics (WA), and AMPU House rules.
- No seconding is allowed. No pacing of any kind is permitted.
- Ages: Athletes for the 10km race must be 14 years old on the day of the race, and for the 32km race, athletes must be 20 years old or older.
- Proof of age (ID) must be produced upon request on the day of the race.
- All athletes participate at their own risk, and by entering the event, they acknowledge that they are medically fit to participate.
- Registered athletes must wear full club colours and 2023 license numbers on the front and back of the vest.
- Temporary licenses must be fixed on the back of the vest. Remember to complete the temporary license tear-off slip and hand it back to the organizer.
- Age category ID tags must be clearly displayed for the duration of the event (back and front) by athletes competing for a category prize and must be fixed on all four corners and not be covered by a rain jacket or any shirt.
- Only athletes with a race number and license numbers will be allowed into the event area.
- The race number must be worn on the front of the vest. ASA license numbers must not be covered with any paper race numbers or race bib.
- Walkers competing for the walkers' prize must have the "W" fixed on the left front and back of the vest, and all four corners must be fixed.
- No littering, please make use of waste boxes at the start/finish and on social media. PLEASE RUN CLEAN.
- Category winners must be present at the prize-giving ceremony or make prior arrangements to collect their award. Failing to do so will result in the athlete forfeiting their prize money.
- There is no tog bag area available.
- Any foreign athlete must have a confirmation letter or permit from the Sports Federation required under WA rule 4 to participate in the event.
- The use of earphones is not allowed on this race and will lead to disqualification.
- ATHLETES PARTICIPATE AT THEIR OWN RISK. THE CLUB WILL NOT BE HELD RESPONSIBLE FOR ANY INJURIES OCCURRED DURING THIS RACE..