



ENTRY FORM



Club: **Licence No :**

Name of School if scholar:

Surname: **Name :**

ID No: **Date of Birth:**/...../.....

Gender: **Age :** **Phone Cell :**

Email Address:

Emergency contact:

Emergency number:

21.1km (60+ R80.00) R150.00 R.....

10km (60+ and u/19 R50.00) R100.00 R.....

5km Fun Run R 30.00 R.....

Temporary License (21.1km & 10km only) R 40.00 R.....

Total R.....

INDEMNITY / WAIVER

By entering this event I undertake to be bound by the rules and regulations of the event including those of WA and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, persons and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre-and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

Signature:(Parent or Guardian if minor)

Prize Money

21.1 km	1 st	2 nd	3 rd
Open Male/Female	R 2 000	R 1 000	R 750
Male/Female 35 – 39	R 500	R 250	R 150
Male/Female 40 - 49	R 500	R 250	R 150
Male/Female 50 - 59	R 500	R 250	R 150
Male/Female 60 - 69	R 500	R 250	R 150
Male/Female 70+	R 500	R 250	R 150
Male/Female Junior	R 500	R 250	R 150

10 km

	1 st	2 nd	3 rd
Open Male/Female	R 1 000	R 750	R 500
Male/Female 35 – 39	R 400	R 250	R 150
Male/Female 40 - 49	R 400	R 250	R 150
Male/Female 50 - 59	R 400	R 250	R 150
Male/Female 60 - 69	R 400	R 250	R 150
Male/Female 70+	R 400	R 250	R 150
Male/Female Junior	R 400	R 250	R 150

5km

Vouchers to winners

For further information please contact:

Bianca van Niekerk 082 373 6517
Chrisma Rautenbach 072 397 0970
Irene van Eeden 083 299 1775



Race organized in accordance with the rules and regulations of WA, ASA and EPA and supported by Nedbank RC EP.



RULES & GENERAL INFORMATION

The 21.1km will start at 07h30, 10km at 08h00 and 5km at 08h15 at the Gamtoos Valley Primary school.

- The route is a combination of tar and farm roads through the Orchards.
- Entries can be handed in to Brian Bands Sports, The Footballer and UD Sport in Uitenhage until Wednesday 30 August 2023
- Online entries will be available on www.webtickets.co.za and will close on Tuesday 29 August 2023 at 22h00.
- Race committee reserves the right to accept or reject any entry.
- Race numbers can be collected from the Westbourne Oval between 09h00 and 14h00 on Friday 1 September 2023 and between 17h00 and 18h00 at race venue, as well as from 06h00 on the morning of the event.
- Late entries will also be available during above times.
- All athletes indemnify the National, Provincial and Regional Bodies, the Sponsors and the Organizers against all and any actions of whatsoever nature.
- Official 2023 license numbers to be worn on front and back of vest with the official race number on the front.
- Temporary license holders must wear a plain T-shirt or vest and display the license on the back of the T-shirt or vest with the official race number on the front.
- Temporary licensed athletes are not covered by ASA Insurance scheme and are encouraged to join an athletics club.
- Age category tags to be worn to qualify for age category prizes.
- Prize winners may be requested to provide proof of age.
- Entrants MUST be 16 years or older on the day of the race for the 21.1km, 14 years for the 10km. All ages welcome for the 5km, but unaccompanied minors must be at least 9 years of age.
- The cut off time for the 21.1km is at 11h00 and at 10h00 for the 10km.& 5km. Prize giving will start at 11h00. There will be lucky draws.
- There will be water stations along the route, no personal seconding will be allowed. PLEASE DO NOT DRIVE ON THE ROUTE.
- **Please take note, to ensure our future crops and being kinder to our Valley environment, bio degradable cups will used at water tables. DO NOT DROP YOUR LITTER on the ground. USE THE BINS.**
- Anti-litter campaign: Make use of the refuse bins along side the route.
- Littering outside the designated areas could lead to disqualification.
- Race officials and marshals are to be obeyed at all times.
- All runners run on the right-hand side of the road unless otherwise instructed by a marshal.
- Toilet facilities are available at the Start / Finish.
- The wearing of earphones may lead to disqualification.
- **Please ensure that your plan to arrive at least 45 minutes before the start of your event to avoid traffic congestion or delays.**

Familiarise yourself with our area and everything it has to offer & stay informed of all Race information by liking both our Instagram (#gamtoosvalleyfarmrun) and Facebook pages.



2
SEPTEMBER
2023

GAMTOOS FARM RUN



5 KM

10 KM

21 KM

SATURDAY, 02 SEPTEMBER 2023 | LAERSKOOL GAMTOOSVALLEI, PATENSIE

RACES START FROM 07:30 | FUN FOR THE WHOLE FAMILY!



Follow us on:
www.facebook.com/gamtoosvalleyfarmrun
or Instagram #gamtoosvalleyfarmrun for more
information about the event and the area.



web tickets
your tickets your way