

CALTEX SOLE DESTROYER 21km - 6.30am

**ENTRY
R160**

Starts in Smithfield Street, Cambridge, near the Highgate Hotel & finishes at Oxford Striders, Beach Rd, Nahoon
LONG SLEEVE T-SHIRTS - FIRST 500 ENTRIES
TEMP LICENCE R50
TIMING CHIP - R30 (if you don't own a Striders Chip)

CALTEX SOLE TEASER 10km - 7.00am

**ENTRY
R120**

Starts & finishes at Oxford Striders, Beach Rd, Nahoon
SHORT SLEEVE T-SHIRTS - FIRST 150 ENTRIES
TEMP LICENCE R40
TIMING CHIP - R30 (if you don't own a Striders Chip)

Don't Let It Break You...



Enter Online:

<https://zfrmz.com/5GFQ5DXrTuhRxKc43zeL>

Online entries close at midday 7 Sept 2023
ENTRIES AND COLLECTIONS AT Oxford Striders
Saturday 2 September 09h00-12h00
Thursday 7 Sept & Friday 8 Sept 17h00-19h00
Saturday 9 Sept from 10h00-12h00

ENQUIRIES INFO

TANZI 083 978 8817

MARITZA 072 484 0714

Email: entries@oxfordstriders.co.za



PARTICIPANTS DETAILS

TIMING CHIP No.	ONLY COMPLETE IF YOU OWN AN OXFORD STRIDERS TIMING CHIP							NATIONALITY	
WHICH RACE?	10KM ✓		21KM ✓					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	SENIOR	35+	40+	50+	60+	70+	ID NUMBER	AGE

PLEASE INDICATE YOUR PREFERRED T SHIRT SIZE

S	M	L	XL	XXL
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ALLOCATION OF T-SHIRT 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 Caltex Sole Teaser and Caltex Sole Destroyer, **The Sponsor (Eyona Energy)**

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 Caltex Sole Teaser and Caltex Sole Destroyer 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

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

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	21KM			10KM		
	1st	2nd	3rd	1st	2nd	3rd
Runners - Men & Women Open	R1000	R500	R300	R400	R200	R100
Runners - Men & Women 35+;40+;50+;60+;70+	R300	R200	R100	R100		
Runners - Junior Men & Women	R300	R200	R100	R100		
Runners - King & Queen of the Mountain *	R200					

* Awarded to the first athlete to reach the top of Heart Break Hill provided the athlete completes the race with a top 10 finish
PRIZE WINNERS ARE REQUESTED TO ACKNOWLEDGE THE SPONSOR BY BEING PRESENT AT PRIZE GIVING

REGISTRATION INFORMATION		
DATES	TIMES	VENUE
28 July to 12h00 on 7 September 2023	Online Entries	https://zfrmz.com/5GFQ5DXrTuhRxKc43zeL
Saturday 2 September 2023	09h00 to 12h00	Oxford Striders Clubhouse, Nahoon
Thursday 7 September 2023	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Friday 8 September 2023	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Saturday 9 September 2023	10h00 to 12h00	Oxford Striders Clubhouse, Nahoon

**NO ENTRIES WILL BE TAKEN ON THE MORNING OF THE RACE
OUT OF TOWN RUNNERS PLEASE CONTACT US SO WE CAN ASSIST YOU**

ENTRY FEE AND TEMPORARY LICENSE FEE	21KM	10KM
Entry fee	R160	R120
Temporary License Fee *	R50	R40
Minimum Age for Participation	16 Years	14 Years

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

RACE INSTRUCTIONS

This event is run under the rules and regulations of Athletics South Africa and Border Athletics. 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. License numbers must be visible at all times during the race. Age flashes must be worn on the upper front and back of the vest or crop top to qualify for age category prizes. **Littering along the route will result in disqualification. Athletes must use the bins provided at the refreshment points.** Refreshment Stations will be provided at approximately 3km intervals. **No Seconding vehicles will be allowed on the gravel section of the Sole Destroyer Route.** The Shoe Timing Chip must be affixed to the athletes shoe. Placing it elsewhere may result in your finish time not being recorded. Prize Giving will take place at 10h30 or as soon as possible thereafter. Athletes present at prize giving will be eligible for lucky draw prizes.

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.