



NAGUIL

3km | 5km

2019

Oudtshoorn

Saturday 5 October 2019 at 09h00

Entries on RACE DAY from 07h30

Queens Florist

**Start and Finish:
Rainbow Motors | Oudtshoorn**



Enquiries: 071 055 6183 | 072 601 8189



www.nedbankrunningclub.co.za

Held under the rules of ASA | ASWD | IAAF





NAGUIL

3km | 5km 2019

ENTRY FORM

3KM | R10

5KM | R10

First Name

Surname

Date of Birth

Contact Number

☐

Male

☐

Female

☐

Walk

☐

Run

INDEMNITY / DISCLAIMER

By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF 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 organizers of the event, all sponsors, persons and organizations 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. **MINOR RELEASE** and I the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

SIGNED Printed name of Participant (Parent/guardian in the case of a minor)

DATE

CONTACT NUMBER

Quattro

MEDALS

3KM First 100

5KM First 100

PRIZES

RUN

3KM | First 3 Men and 3 Women

5KM | First 3 Men and 3 Women

WALK

3KM | First Men and First Women

5KM | First Men and First Women