

xerox™

LIGHTNING

FAST

10K



ENTRY FORM

7 AM

12 NOV 2023

PARTICIPANTS WHO DON'T HAVE AN ASA PERMANENT LICENCE WILL NEED TO PURCHASE A TEMP LICENCE AT R40.00

R130 ENTRY FEE

R30 TIMING CHIP FEE
(if you don't own a Striders Chip)

START - Voortrekker Rd, Wilsonia (Johnson & Johnson)
FINISH - Oxford Striders Beach Rd Nahoon

ONLINE ENTRIES

Online Entry Link: <https://zfrmz.com/v6KMGKJ7tGTNy8xo8gjC>

Online entries close at 12h00 midnight on Sunday 5 November 2023

MANUAL ENTRIES & REGISTRATION COLLECTION

Thursday 9 November and Friday 10 November between 17h00 -19h00

Saturday 11 November between 09h00-13h00

Oxford Striders, Beach Rd, Nahoon

TIMING CHIP PURCHASE- The Timing Chip Fee is only payable if you don't already own an Oxford Striders Timing Chip. These chips will be yours to keep and can be used at any Oxford Striders event.

PRE OWNED CHIPS - If you already own a timing chip please bring it to Oxford Striders for verification when collecting your race shirt.

THE TIMING CHIP MUST BE WORN ON YOUR RUNNING SHOE
NO SHOE CHIP - NO RESULT

ENTRANTS MUST BE 14 YEARS OR OLDER

RACE ENQUIRIES

TANZI 083 978 8817 OR MARITZA 072 484 0714

EMAIL ENQUIRIES: entries@oxfordstriders.co.za



T-SHIRTS FOR THE FIRST 500 PAID ENTRIES RECEIVED

PARTICIPANTS DETAILS

TIMING CHIP No.	(ONLY COMPLETE IF YOU OWN AN OXFORD STRIDERS TIMING CHIP)						ATHLETIC CLUB					
FIRST NAME							CLUB LICENCE NO.					
SURNAME							TEMP NO.	TL				
DATE OF BIRTH	Y	Y	Y	Y	/	M	M	/	D	D	EMAIL	
GENDER	MALE	<input type="checkbox"/>	FEMALE	<input type="checkbox"/>				CELL NUMBER				
CATEGORY	JNR	SENIOR	35+	40+	50+	60+	70+	ID NUMBER				
NATIONALITY							AGE					

PLEASE INDICATE YOUR PREFERRED T SHIRT SIZE

XS	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 Xerox Lightning Fast and **The Sponsor (Aloe Office & Business Equipment)*

I agree not to hold The Organisers* or The Sponsor** liable for any injury or illness or for damages or loss of property which I may suffer directly or indirectly as a result of my participation in the XEROX Lightning Fast. I confirm that this indemnity is entered into for the benefit of The Organisers* and 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

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	10KM		
Prize Category	1st	2nd	3rd
Runners - Men & Women Open	R1200	R600	R400
Runners - Men & Women 35+;40+;50+;60+;70+	R300	R200	R100
Runners - Junior Men & Women	R300	R200	R100

PRIZE WINNERS ARE REQUESTED TO ACKNOWLEDGE THE SPONSOR BY BEING PRESENT AT PRIZE GIVING

ENTRIES & COLLECTION OF T-SHIRTS AND TIMING CHIPS

DATES	TIMES	VENUE
Thursday 9 November 2023	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Friday 10 November 2023	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Saturday 11 November 2023	09h00 to 13h00	Oxford Striders Clubhouse, Nahoon

ONLINE ENTRIES CLOSE SUNDAY 5 NOVEMBER AT 12H00 MIDNIGHT

ENTRY FEE & TEMPORARY LICENSE FEE	10KM
Entry Fee	R130
Timing Chip Fee *	R30
Temporary License Fee **	R40
MINIMUM AGE FOR PARTICIPATION	14 YEARS

**** UNLICENSED ATHLETES ARE REQUIRED TO PURCHASE A TEMPORARY LICENSE NUMBER
* ONLY PAYABLE IF YOU DON'T ALREADY HAVE AN OXFORD STRIDERS TIMING CHIP**

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 the Highgate Hotel and at the Vincent Station. No Seconding vehicles will be allowed on 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 09h00 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, head phones or music devices during the race is a contravention of ASA rules and will result in your disqualification.