

PRIZE MONEY AND AGE CATEGORY			
Male & Female		Boys & Girls	
10km		5km	
Open (14 +)		09 – 11 Years	
1	R1 000	1	R200
2	R700	2	R150
3	R400	3	R100
4	R250		
5	R150		
Juniors(14 - 19)		12 – 13 Years	
1	R300	1	R200
2	R200	2	R150
3	R100	3	R100
Sub-Vet (35 – 39)			
1	R300		
2	R200		
3	R100		
Veterans (40 – 49)			
1	R300		
2	R200		
3	R100		
Masters (50 – 59)			
1	R300		
2	R200		
3	R100		
Grand Master (60+)			
1	R300		
2	R200		
3	R100		

Host Club
Lusikisiki Harriers A/C



Sponsored By:



LUSIKI PLAZA
10KM & 5KM RUN

Please Note Registration will be done at:
Lusiki Plaza
16 December 2023 between **10H00 am – 07H00 pm**
17 December 2023 between **06H00 am – 06H30 am**

Entry fee | Start | Time:
R100.00 - 10km
Start @ 07H00 – Palmerton Bus Stop
R50.00 - 5km
Start @ 07H30 - Tshandatshe Bus Stop

RACE DATE
SUN. 17
DEC.
2023

All races will finish at Lusiki Plaza

Prizes Will Be Awarded!!!

Bank: Nedbank
Branch: Lusikisiki
Acc. No.: 2053048611
Acc. Holder: Lusiki Harriers A/C
Reference: Applicant's full name

FOR MORE INFORMATION AND ENQUIRIES PLEASE CONTACT:
083 965 5905 | 083 526 5898 | 083 582 4021

Please tick one Box below:

5km

10km

Name			
Surname			
Gender	Male <input type="checkbox"/>	<input type="checkbox"/>	Female <input type="checkbox"/>
Age			
Date of Birth			
Identity No			
Cell No			
Running Club			
Province			
Licence No			
Emergency Contact Person			
Initial & Surname			
Contact No.			

I shall participate in this race at my own risk Indemnify ATRA, the organizers and sponsors of this race against any claims that may result from participation and agree to abide by the rules and instructions of the race.

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Participant

.....
Guardian

Rules & Instructions

1. The race is run in strict accordance with the rules of IAAF, ASA and ATRA.
2. All foreign athletes must comply with IAAF rule 4.2 and ASA rule 4.5
3. All 10km participants must be 14 years or older.
4. No animals allowed on the course.
5. No earphones & iPods allowed during the race.
6. Obey traffic officials and marshals.
7. Age category tags must be worn on the front and back.
8. Registered athletes must wear full club colours and 2023 licence number.
9. Organizing committee is not responsible for accommodating athletes & officials.
10. All athletes participate at their own risk.
11. The federation ASA, ATRA, Organizers will not be held responsible for any injury sustained during the race.
12. The entry fee is non-refundable.
13. Prize giving will be at 10:00