Jimmy's SuperSpar Cheetahs 5km & 10km

EVENT	5KM	10K	(TIK ONE BOX)
SURNAME			
NAME			
SEX			
ADDRESS			
TEL. NO			
CLUB			
PROVINCE			
2022/23 LICENCE			
DATE OF BIRTH			
AGE			
ID NUMBER			

I declare that I will abide by the rules of Athletics Transkei and Athletics South Africa. I participate at my own risk and will NOT hold the organizers Cheetahs Athletic Club or sponsors, responsible for any loss or injury during and after the race.

Signature of competitor……Signature of parent or guardian (if under 16yrs……

RACE RULES & REGULATIONS

1. Race under the rules of WA (IAAF), ASA and ATRA. All foreign athletes must abide by WA (IAAF) rules 4.2, 22.1 and 142 ASA rule 9. 2. Age restriction: 42.2 km: The participant must be 20 years or older on race day. 21.1 km: The participant must be 16 years or older on race day. 10 km: The participant must be 14 years or older on race day. 4. Athletes are responsible for their own accommodation 5 ASA/ATRA approved age tags to be worn on upper front and back of vest/crop top, to be eligible for age category prizes. 5. The race number must be worn over the permanent license number on the front of the upper body clothing and be placed so that the ASA province year remain visible above the race number (ASA Rule 26.1) Temporary license, athletes must wear the race number on the front upper body clothing. 6. 2022/3 license number must be worn on the back and front of vest. 7. Race numbers and license numbers must not be worn on shorts/tights. 8. Temporary license must be worn on back of vest and the completed tear-off slip must be lodged with the organizers at the end of the race. 9. Cut-off times: 10 km: 2 hours 5 km: 1 hour 11. Disqualified athletes will not be eligible for any incentives/giveaways 12. No cash will be handed to winners at prize-giving. Prize money winners must lodge their banking details with organizers and EFT payment will be effected. Prizes giving will be at 10 am. 13. Proof of age may be required for age category winners. 15. Participants must obey the race officials, marshals and traffic officers. 16. Your entry fee will not be refunded if you do not participate. 17. Prize money only for the race you enter. 18. Refreshment stations every 3 km and no personal seconding will be allowed. 19. Public parking: At the Mthatha Health Club. 20 No animals are allowed on the running course. 21 No earphones are allowed during the race. 22 No queries will be attended to on the race day. 23 Family Prize (a minimum of 4 family members with same surname, confirmed by ID and finish as a group to qualify for family PRIZE, a Jimmy SuperSpar Shopping Voucher)

START TIMES 7AM | **Starting & finishing Points: Mthatha** Health Club | **Club Banking Details**: Bank: FNB | Acc Name: Cheetahs AC | Account No: 62504158800 (**Write your name & Surname for reference**) | **Medals to first 500 finishers**
Registration POINTS: **Jimmy's SuperSpar** – 29 January & 05 Feb; (10AM-16 PM) | 19 Feb (5h30 – 6:30 AM) | **Mthatha Health Club** – 19 Feb (5:30-6:30)

5km Prizes

Family Prizes	8 Years & Under	11yrs & Under	12-14yrs
R1000.00	R150	R250	R300
R500.00	R130	R150	R200
R300.00	R120	R120	R150
Same prize money applies to both males and females			

10km prizes

OPEN		JNRS		SUB-VET		VETS		MASTERS		GRAND MASTERS	
MALES	FEMALES	MALES	FEMALES	MALES	FEMALES	MALES	FEMALES	MALES	FEMALES	MALES	FEMALES
R1000	R1000	R350	R350	R350	R350	R350	R350	R350	R350	R350	R350
R500	R500	R250	R250	R250	R250	R250	R250	R250	R250	R250	R250
R250	R250	R200	R200	R200	R200	R200	R200	R200	R200	R200	R200