



“GOLDEN OLDIES 10KM”



**Out and Back from ELAC Club House, French Street, Cambridge
Sunday, 30 July 2023 at 06:30**

This year's race is dedicated to Trevor Gee and sponsored by Port Rex Lions

RULES OF THE RACE

1. All runners must wear their 2023 license numbers on the **front and back** of their vests. Age category **flashes** must be worn **front and back** to qualify for prize money.
2. Race numbers (laser chip) must be on the front and temp licences on the back of the vest. Timing by Mobi timing
3. All race officials must be obeyed.
4. All entrants must be 14 years of age or older.
5. No ear phones or head phones to be worn. Please adhere to this or you could be disqualified.

ENTRIES

1. Entries at Sportsmans Warehouse, Beacon Retail Park up to 1.00pm on Saturday , 29 July 2023.
2. Cost –10km race – R100.00.
3. TEMPORARY LICENCES – at Sportsmans Warehouse at R40.00 per license.

GENERAL INFORMATION

1. Medals to first 200 finishers on the day balance to follow. Three refreshment stations will be provided.
2. Enquiries - please contact Graham Reynolds on 082 448 0727 or grahamr@iteweb.co.za

RUNNERS Male and Female			
Category	1st	2nd	3rd
Open	R250	R200	R150
Juniors, 35+, 40+ and 50+	R200	R150	R100
60+	R200	R150	R100

10 KM RACE ENTRY FORM

RACE NO

SURNAME: FIRST NAME

GENDER: Female Male CATEGORY RUNNERS: Open / Junior / 35+ / 40+ / 50+ / 60 +

CLUB: DATE OF BIRTH:

ID NUMBER: 2023 LICENCE NUMBER.....

AGE ON RACE DAY: TEMP. LICENCE NO:ENTRY FEE: R100.00 TEMPORARY LICENCE: R40.00

SIGNATURE: Contact number.....

EMERGENCY DETAILS: Name: Phone:

Participation in this event is at my own risk without any recourse to the organizers. Signature of parent or guardian required if under the age of 18 Run in accordance with the rules of ASA and BA.