



**Ice Promotions  
& Sportswear**  
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**CUSTOMIZATION BEYOND LIMITS**

**WOODVIEW  
ATHLETIC CLUB**

**10/21.1 KM Run / Walk**



**Free  
T-Shirts  
TO THE 1ST  
800 ENTRIES**



KWAZULU-NATAL ATHLETICS

**Date : Sunday 05 March 2023**

**Start/Finish: Mt Edgecombe Recreational Grounds,  
Siphosethu Road (Next to Temple)**

**Time : 05H30 - 21.1km & 10km**

**Enquiries : Jay Behari - 081 349 6303  
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**Coca-Cola**



**Starling Plumbers**

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JHB: 011 740 6634 / PE: 041 451 0707

# ENTRY FEE



# FREE T-SHIRT

TO THE 1ST 800 ENTRIES

21.1km	R230	LATE ENTRIES 21.1km - R250 10km - R200	CURRENT COVID PROTOCOLS TO BE FOLLOWED
10km	R190		

**Temporary Licence - 21.1km R90 + Entry Fee & 10km R60 + Entry Fee**

<b>ENTRY FORM</b>		Race no. FOR OFFICIAL USE	
Distance	21.1 km Run <input type="checkbox"/> R <input type="checkbox"/> W	10km <input type="checkbox"/> R <input type="checkbox"/> W	
Surname:			
First Names:			
2023 Licence Number:		Email:	
SA Citizen:	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Club:		Province:	
Gender	M <input type="checkbox"/>	F <input type="checkbox"/>	Age
Identity Number:		Or Permanent Residence Number:	
Tel (Home):	Tel (Work):	Cell:	

## PRIZE MONEY

		21.1 KM Run-M/F	21.1 KM Walk-M/F	10KM Run-M/F	10KM Walk-M/F
Open	1st	R500	R250	R400	R250
	2nd	R300	R150	R250	R150
	3rd	R200	R100	R150	R100
60+	1st	R100	R100	R100	R100
Juniors	1st	R100	R100	R100	R100

**DISCLAIMER & INDEMNITY:** I am medically fit to run and understand that I enter at my own risk and the organisers will not be held responsible for any injury or illness during or as a result of the races, or for any property lost or damaged on the course or in the changing area. In the event of requiring medical attention, I agree that I will be held responsible for the medical cost. In the event of my participation as a temporary licensed runner, I absolve the Club, Sponsors and KZN Athletics of any liability.

SIGNATURE \_\_\_\_\_



# Ice Promotions & Sportswear

## RACE RULES FOR ALL PARTICIPANTS

1. All Participants must be 14 years and older for the 10km, 16 years & older for the 21.1km.
2. Monies not refundable for non participation in the event for whatever reason.
3. Results will be sms to your phone.
4. Prizes/monies will only be given for the race you entered.
5. ASA & KZNA tags. Walkers must wear the correct "W" walkers identifying tags on the front and rear of their vests and these must be clearly visible.
6. All participants must wear the following:
  - a) Their correct club colours
  - b) 2023 licence to be worn on the front & the back of vest, not on shorts, with the race number on the front.
  - c) Temporary licence to be worn on back of vests/ crop top, with race number on the front. No advertising on the athlete's clothing.
7. All races are run in strict accordance with the rules of WA, ASA & KZNA.
8. ASA & KZNA tags - Age category identification (ie: J for Junior, 35, 40, 50 & 60) must be worn on the front and back of your vests and must be clearly visible in order to qualify for the age category prizes.
9. Junior athletes, 19 years and younger on 31 December in the year of event, must wear a 'j' on the upper front & back of the vest/crop top in order to be eligible for prizes & must provide proof of age on race day.
10. Hydration will be provided at 3km intervals please help yourself.
11. There will be two prize giving ceremonies. The first for the 10km will take place at 08:00am and the second for the 21.1 km will take place at 09:30am.
12. 80% Refund if race is cancelled by club for whatever reason.
13. Licenced athletes are covered by insurance. Refer to KZNA on 031-312 9374 for further.
14. All foreign athletes are required to comply with WA rule 4.2 22.1 and 142 together with ASA rule 9.
15. No personal seconding or pacing will be permitted.
16. Marshalls, technical officials & traffic official must be obeyed at all times.
17. Proof of ID might be required for category winners.
18. All athletes to be medically fit and participate in the race at your own risk. Organisers and sponsors will not be held responsible for any injuries, damages or loss of property during or after the event, if I am competing with a temporary licence I am not covered by the ASA athlete medical insurance policy.
19. Cut off Times 21.1 km = 3 hrs 30 mins.

## RACE ENTRIES - WHERE TO ENTER - PRE-ENTRY ONLY

1. Registration Only at Mt Edgecombe Recreational Ground, Saturday 04 March 2023.
2. Online Entries at [www.eventtiming.co.za](http://www.eventtiming.co.za) entries close at midnight on 01 March 2023.
3. Bank Transfer : ATM cash Deposits @ Capitec can be made Bank: Capitec, Account Holder Even timing (KH Bradfield), Account Number: 1543764345, Branch Code: 470010 Account Type: Savings, Branch Pavillion. Use your identity number as reference and Whatsapp the slip with your reference endorsed on it to 061 505 1416.

### ALSO NOTE

- \* No Cheques will be accepted.
- \* Race entry tags will not be posted
- \* COLLECT on Saturday, 04 March 2023 from 10:00am to 5:00pm or race morning from 4:30am to 5:00am at the Mount Edgecombe Recreational Ground.
- \* Race entry forms can be downloaded from website: [www.eventtiming.co.za](http://www.eventtiming.co.za)