

Completed entry form accompanied with proof of payment should be sent to hanneliec@vkb.co.za
 Pre-entries close: 15 February 2024 | Entries and Number Collection at Reitz Bowls Club
 Saturday 24 February 2024

Distance: (Mark with X)	42.2 KM	21.1 KM	10 KM	5 KM
Pre-entries:	R250	R200	R120	R50
Late entries:	R320	R270	R200	R50
Starting time:	06:00	06:00	06:30	06:30
I need to buy a temporary licence (R70)	YES		NO	

Name & Surname:		Age:	
Cell no:	Male/ Female	ID no:	
Email:			
Emergency Contact no:		Temp/Licence no:	
Club:		Nationality:	

INDEMNITY/WAIVER: By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF, ASA and AFS. I warrant that I am in good health and am aware of the risks and dangers of the physical nature of this sporting event, and I do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event, provincial and national athletics bodies and local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

MINOR RELEASE: I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified and in good health and in proper physical condition to participate in such activity and I enter into this indemnity/waiver on behalf of the minor.

Signature (Parent/guardian of minor participant - 18 years and younger):

BANKING DETAILS:

Reitz Landbougenootskap Standard Bank | 040833925
 Email entry form and proof of payment to : voorsitter@bieliemieliie.co.za

ONLINE ENTRY:
www.entryninja.com

Prize-giving will take place after each division at the start/finish point

RULES:

- Athletes must be ELIGIBLE members of an affiliated club/provincial team to qualify as category winner. You do not need to belong to a club to run any of the races (Adhere to the undermentioned rule 3.)
- Club athletes dressed in club colours must display a year and official ASA 2 licence number on the front and at the back at all times on their vest (year must be 2023 & 2024).
- Temporary licence numbers to be sold at R70 excluding entry fees to individuals not belonging to a club. This is a must for the different races 42.2 km, 21.1 km and 10 km, excluding the 5 km fun run. The temporary number must be worn on the front of the vest.
- Age restrictions: Minimum age 42 km – 20 years; 21 km – 16 years; 10 km – 16 years; 5 km and less – 9 years and older.
- All marshals, traffic authorities and traffic rules must be obeyed. Failing to do so may lead to disqualification.
- Check point on route. (Keep left at all times.) In case of emergencies, report to the next water point.
- Evacuation point will be at the starting and finishing point on the Reitz Bowls Club.
- All walkers and runners participate at their own risk.
- Due to the nature of the course no wheelchairs, prams, blades, animals, cyclist or mechanically operated devices are allowed, excluding hearing aids.
- No seconding or car will be allowed on the course as there are sufficient refreshment tables. Seconding can only be permitted in the demarcated area of a water point allocated to individuals.
- Cut-off time for 42.2 km, 21.1 km, 10 km and 5 km is 12:00.
- Proof of age must be provided on race day if requested.
- The organisers reserve the right to return any entry not in keeping with the spirit of the race.
- All winners need to attend prize-giving at 12:00. If not, the athlete needs to inform the head technical official and LOC chairperson of departure.
- The decision of the organisers will be final and no correspondence will be entered into.
- Foreign athletes competing for prize money must produce a clearance certificate for their National bodies to compete in SA, handed in to the organisers before the event starts.
- Online entries close on 15 February 2024