

2 MARCH 2024

5km & 10km

MORE INFO ON THE KEMPSTON EVENTS & OXFORD STRIDERS FACEBOOK PAGES



KEMPSTON Ladies Nite Race

ENTRY FORM



TEMP LICENCE - R45.00 (10KM ONLY)

5KM-R80 NO TIMING CHIP NEEDED

10KM - STARTS 17h00

The 10km race starts in Utrecht Ave, Bonnie Doon & finishes at Oxford Striders

10KM-R130+R30 TIMING CHIP PURCHASE

5KM - STARTS 16h00

The 5km race starts at Oxford Striders, Nahoon & finishes at Oxford Striders

2600 Vests/T-Shirts will be issued to pre-entries, there after Vests/TShirts will be ordered for entrants over 2600

ENTRIES/COLLECTION OF CHIP AND T-SHIRT/VEST at Oxford Striders Clubhouse:

- Saturday 24 February 9h00-13h00
- Wednesday 28 February 17h00-19h00
- Thursday 29 February & Friday 1 March 17h00-19h00
- Saturday 2 March from 9h00-14h00 (5km entries) & 9h00-12h00 (10km entries)

OXFORD STRIDERS BANKING DETAILS

Account Name: Oxford Striders / Bank: Nedbank

Type of Account: Current / Branch: East London

Account No: 1210 346605 / Branch Code: 121021

Please use KLNLR your initials and surname as reference

TO ENTER ONLINE: SCAN THE QR CODE
ONLINE ENTRIES ARE OPEN & CLOSE ON 20 FEBRUARY 2024



MANUAL 10KM ENTRIES CLOSE 12PM ON THE DAY OF THE RACE

TIMING CHIP PURCHASE

The Timing Chips Fee is only payable if you don't already own an Oxford Striders Timing Chip. These chips will be yours to keep and can be used at any Oxford Striders event.

PRE OWNED CHIPS - If you already own a timing chip please bring it to Oxford Striders for verification when collecting your race shirt.

RACE ENQUIRIES

TANZI 083 978 8817 OR MARITZA 072 484 0714

EMAIL ENQUIRIES: entries@oxfordstriders.co.za

PARTICIPANTS DETAILS

TIMING CHIP No.	ONLY COMPLETE IF YOU OWN A PURCHASED OXFORD STRIDERS TIMING CHIP						ATHLETIC CLUB	
FIRST NAME							CLUB LICENCE NO.	
SURNAME							TEMP NO.	
DATE OF BIRTH	Y Y Y Y / M M / D D						EMAIL	
GENDER	MALE 5KM ONLY			FEMALE			CELL NUMBER	
CATEGORY	JNR	SNR	35+	40+	50+	60+	70+	ID NUMBER
WHICH RACE ?	5km		10km				AGE	NATIONALITY

VEST T-SHIRT 10 YEAR S M L XL XXL XXXL PLEASE INDICATE YOUR PREFERRED SIZE ALLOCATION OF VEST SIZES ON A FIRST COME FIRST SERVED BASIS

SPECIAL AGREEMENT INDEMNITY (PARTICIPATION IN THIS EVENT IS AT YOUR OWN RISK)

**The Organisers (Athletics South Africa, Border Athletics, Oxford Striders Athletics Club and any other entity or persons assisting with the organisation of the Kempston Ladies Nite Race, **The Sponsor (Kempston Group)*

I agree not to hold The Organisers* and/or The Sponsor** liable for any injury, illness, death, damage to and/or loss of property which I may suffer directly or indirectly as a result of my participation in the Kempston Ladies Nite Race. I confirm that this indemnity is entered into for the benefit of The Organisers* and/or The Sponsor** as defined above. I agree to allow The Organisers* and/or The Sponsor** to use my email address to communicate with me and that any photographs taken may be used for promotional purposes. I consent to the Organisers* processing my Personal Information as defined in the Protection of Personal Information Act, 4 of 2013, our Privacy Policy and details of our Information Officer is available on our website: www.oxfordstriders.co.za

Signature of Entrant

Signature of Parent or Guardian

(If the entrant is under the age of 18 years, the signature of the parent or guardian is also required)

PRIZE MONEY		10KM		
Prize Category		1st	2nd	3rd
Runners - Women Open		R4000	R2500	R1500
Runners - Women 35+;40+;50+;60+;70+		R600	R400	R300
Runners - Women Junior		R600	R400	R300

WE KINDLY REQUEST THAT PRIZE WINNERS BE PRESENT FOR PRIZE GIVING WHICH WILL BE HELD AS CLOSE TO 19H00 AS POSSIBLE.

REGISTRATION INFORMATION (ENTRIES & COLLECTION)		
DATES	TIMES	VENUE
Saturday 24 February 2024	9h00 to 13h00	Oxford Striders Clubhouse, Nahoon
Wednesday 28 February 2024	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Thursday 29 February 2024	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Friday 1 March 2024	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Saturday 2 March 2024	09h00 to 14h00 - 5km / 09h00 to 12h00 - 10km	Oxford Striders Clubhouse, Nahoon

ENTRIES FOR THE 10KM CLOSE AT 12PM ON THE DAY OF THE RACE DUE TO THE ISSUING OF TIMING CHIPS

ENTRY FEE AND TEMPORARY LICENSE FEE	10KM	5KM
Entry fee	R130	R80
Timing Chip	R30	-
Temporary License Fee *	R45	-
MINIMUM AGE FOR PARTICIPATION	14 YEARS	ALL AGES

* UNLICENSED ATHLETES ARE REQUIRED TO PURCHASE A TEMPORARY LICENSE NUMBER

RACE INSTRUCTIONS

1. This event is run under the rules and regulations of Athletics South Africa and Border Athletics.
2. Athletes must wear their Club License No/Temporary No on the front of their running vest. The second club License must be worn on the back of the vest.
3. License numbers must be visible at all times during the race.
4. Age flashes must be clearly visible on the front and on the back of the vest or crop top to qualify for age category prizes.
5. The Shoe Tag Timing Chip must be affixed to the athlete's shoe. Placing it elsewhere may result in your finish time not being recorded.
6. Updates regarding the race are available on the Oxford Striders & Kempston Events Facebook pages & on the Kempston Events website or by emailing entries@oxfordstriders.co.za
7. REGISTRATION for both races are ONLY available from Oxford Striders, Beach Road, Nahoon. Enter online via the link or at Oxford Striders on the allocated dates. NO ENTRIES WILL BE TAKEN AT SPORTS SHOPS. Entry forms are available on the Kempston Website, or the Oxford Striders Website.
8. Temp Licences at R45, ONLY NEEDED FOR THE 10 km RACE, are available at registration, from Oxford Striders Running Club.
9. 2600 T-Shirts/Vests will be available at race registration for both races, there after orders will be placed and available within 4 weeks of race date, to accommodate anyone who did not receive a garment. Choice of size and garment will be available on a first-come-first-served basis.
10. There will be refreshment stations provided along both the 5km & 10km routes.
11. **MALE RUNNERS MAY ONLY ENTER THE 5KM RACE. PLEASE DRESS UP TO ADD TO THE FESTIVITIES.**

ATHLETE SAFETY

Athletes are responsible for their own safety during the event. The event is run on public roads and athletes must give way to vehicles at all times. If you make use of prescribed medication for the control of medical conditions such as Diabetes, Asthma, Epilepsy or Allergic Reaction etc then you must carry your prescribed medication with you during the event. Medical response personnel will be on duty on the event course and at the finish. Race Marshals and Refreshment Station personnel will assist athletes to communicate with Medical Response if required.

Traffic officials and Race Marshals will be on the Route to assist with the safe passage of Athletes and failure to follow their direction may lead to your disqualification. Athletes must run no more than two abreast and on the right side of the road facing oncoming traffic unless the Traffic Officials instruct you to do otherwise. The use of ear phones or head phones during the race is a contravention of ASA rules and will result in your disqualification.