

BUFFS FOR 1ST
150 ONLINE
ENTRANTS



CRUSADERS
ATHLETIC CLUB

web tickets

RUN FOR BALANCE CRUSADERS 10km 25 NOVEMBER 2023

Starting Time: 06h30

Start & Finish: African Sky's

120 Nassau Road, Theescombe, Port Elizabeth



Be Bold keep the balance with ISUZU

HOSTED BY:

Crusaders Athletic Club In accordance with the rules of ASA and EPA

ISUZU

With you, for the long run

**KAPLAN
BLUMBERG**
ATTORNEYS • NOTARIES • CONVEYANCERS

Southsure
BROKERS

nelson mandela bay
MUNICIPALITY

ENGEL & VÖLKERS

Twizza
Taste the moment

GARDMED
AMBULANCE SERVICE

ENTRY FORM

MALE	FEMALE

Please tick the appropriate box:

License Number: _____ Temporary Number: _____

Club in Full: _____

First Name: _____

Surname: _____

ID Number: _____

Date of Birth: _____ Age on Race Day: _____

Contact No: _____

EMERGENCY CONTACT: _____

EMERGENCY CONTACT NO: _____

	ENTRY FEE	TEMPORARY LICENSE	TOTAL
Licensed Athletes	R100.00		
Unlicensed Athletes	R100.00	R40.00	
Licensed Athletes 60 +	R50.00		
Licensed Juniors	R50.00		

INDEMNITY/WAIVER

By entering this event I undertake to be bound by the rules and regulations of the event including those of WA and ASA. I warrant that I am in good health and aware of the risks and dangers of the physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in this event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, persons and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however, cause, 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 and 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, in good health, and in proper physical condition to participate in such activity and I enter this indemnity/waiver on behalf of the minor.

SIGNATURE
(Parent or Guardian if Minor)

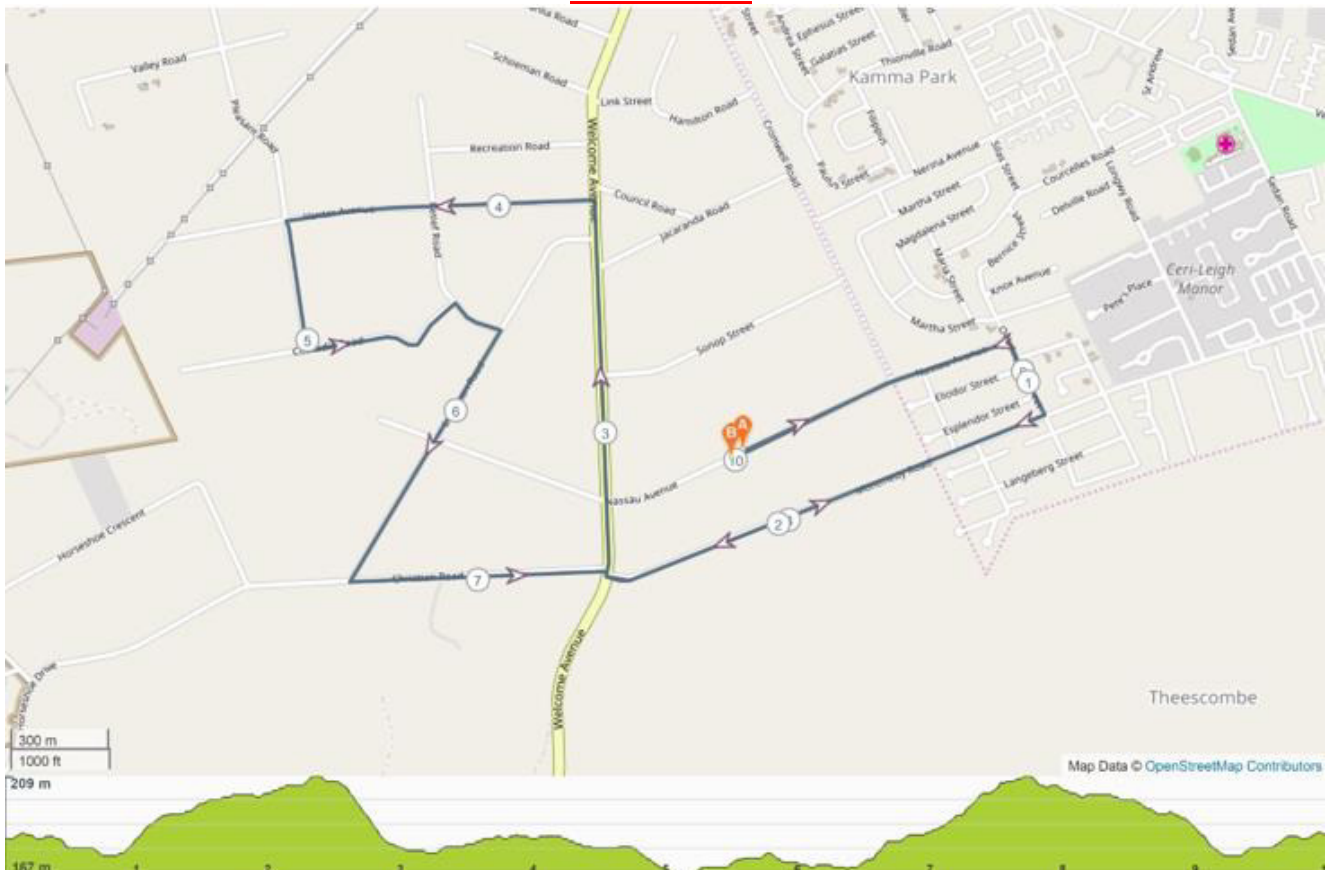
DATE

PRIZE MONEY – SPONSORED BY ISUZU

Position	Male/ Female	Male/ Female	Male/ Female	Male/ Female	Male/ Female	Male/ Female	Male/ Female
	Open	35 - 39	40 - 49	50 -59	60 - 69	70+	Junior
1	750	400	400	400	400	400	400
2	500	300	300	300	300	300	300
3	300	200	200	200	200	200	200

All prize money will be paid by EFT only. Winners need to complete bank detail slips at the finish.

ROUTE MAP



LUCKY DRAW PRIZES

Winners must be present at the draw to receive a prize. **All entrants qualify for lucky draw prizes and will need to verify their race number at the time of the draw.**

PARKING

NO PARKING be allowed inside or in front of the venue. Parking will be on Sonop Street Road (behind the venue). Parking will be clearly indicated and there will be a walkway to the start/finish.

ONLINE ENTRIES

www.webtickets.co.za - Online entries close on 22 November 2023 at 22H00.

GENERAL INFORMATION AND RULES

1. Entries can be done at Brian Bands, Action Sports Summerstrand and UD Sports Uitenhage (Kariega).
2. Entries at Sports shops close on 22 November at 17H00.
3. Registration and late entries at Crusaders Club on Friday the 24 November 2023 from 14H00 to 19H00 and from 05H00 to 06H00 on Saturday morning at African Sky's.
4. PROOF OF PAYMENT MAY BE REQUESTED, please have it handy.
5. Official ASA license number to be worn on the front and back of the vest.
6. Non-registered runners will receive one Temporary license number to be worn on the front of their running shirts. Temporary license holders must wear a plain t-shirt or vest.
7. Age category identification is to be worn on the front and back of the running vest to be eligible for prizes. Runners who are wearing temporary licenses must wear a category age tag and present proof of age on race day to qualify for age-category prizes.
8. The race is run following ASA and EPA rules.
9. Cut-off time: 100min
10. PLEASE DO NOT DRIVE ON THE ROUTE.
11. Toilet facilities are available at Start/Finish.
12. Participation in wheelchairs, prams, baby joggers or running with animals is not permitted.
13. Disabled or blind runners are to be accompanied and may only make use of guides who have officially entered the event.
14. Tog bag storage facility and safe key storage are available at the start venue.
15. No personal seconding is allowed. The stand and hand rule within 100m of the watering points rule will apply.
16. Refuse bins will be provided along the route. Please discard used water sachets into or near these bins.
17. **NO LITTERING WILL BE ALLOWED EN ROUTE AND ALL ATHLETES ARE ENCOURAGED TO MAKE USE OF THE BINS AVAILABLE. LITTERING MAY LEAD TO DISQUALIFICATION.**
18. Registered athletes are covered by a group personal accident insurance scheme. Details may be obtained from your club/province.
19. Temporary licensed athletes are **NOT** covered by the ASA Insurance Scheme and are urged to join an affiliated club. Completion of the tear-off strip is compulsory.
20. Competitors must be 14 years of age on the race day.
21. Race Officials and Marshals are to be obeyed at all times. Run on the right-hand side of the road unless instructed otherwise by a Marshal.
22. The wearing of earphones or headsets is prohibited and will lead to disqualification.
23. No alcohol will be allowed to be brought onto the premises.
24. Food and refreshments will be on sale.
25. Full results will be available on www.eathletics.co.za

General Enquiries:

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