

RULES

No need to wear club clothing | Bring your torch | Immediate disqualification if a runner tampers with the route markings | Immediate disqualification if a runner is caught littering | Immediate disqualification if a runner damages the trail or any vegetation | Runners need to be self sufficient | Please carry your own water on the route | We will have 1 water point on the 10km | Headlights are needed on the 10km | Minimum age for entering the 10km is 14 years | No substitutions will be allowed | No refunds | Start chute will close at 18:15 sharp on race day for a compulsory race briefing.

GENERAL

Start: Nelson Mandela University, Madiba Rd, Glenwood AH, George | The cut-off for the race is 1 hour, 45 minutes
First Aid is available at the start and the finish | Ablution facilities will be available at Nelson Mandela University | Food & refreshments will be for sale.

Child Care with jumping castles & fun activities will be available at R20 per hour.

ENTRIES

NO Cheques accepted.

By Hand: Top Gear Sport in Meade Street, George, at Hope Family Church on the corner of Knysna Road & Fourth Street, George, or at the Nedbank Running Club's Time Trail on Tuesdays at 18:00 at the NRC Club House, Meent Street, Heather Park, George.
Please keep the receipt as proof of payment.

REGISTRATION

This is a pre-entry event but entries will also be accepted on the day of the race at Nelson Mandela University from 16:30 - 18:00

Pre Entries for 10km close on Wednesday, 22 January 2025 at 16:00

Colour wrist bands for 3km & 5km races and the loan race chip for the 10km must be collected on the day of the race from 16:30 - 18:00 at Nelson Mandela University.

PRIZE GIVING

Prize Giving will be at 20:15 at Nelson Mandela University.
Winners must be present at prize giving otherwise the prize will be forfeited.
Failing which prize money is forfeited. (ASA Rule 2.10)

Awesome lucky draw prizes and lots more.
Bring the whole family!

RACE RESULTS

www.aswd.co.za

ENQUIRIES: WHATSAPP 062 214 2814



HF HOPE FAMILY

NIGHT RUN

**24 FRIDAY
JANUARY 2025**

18:30 | NELSON MANDELA UNIVERISTY

Online Entries: www.hopefamily.org



ENTRY FORM:

ADMIN USE ONLY
CHIP NUMBER

3KM: R30.00
5KM: R50.00
10KM: (Licensed Athletes): R90.00
10KM: (Unlicensed Athletes): R135.00
(Includes temp number and loan timing chip)
Late entry fee for all race entries at NMU:
Add R20.00 on 24 January 2025



Surname: _____

First Name: _____

ID Number: _____ Gender: _____

Club: _____ 2024 License Number: _____
(10km only) (10km only)

Cell Number: _____ Age: _____

E-mail: _____

10km (Trail) 5km (Trail) 3km (Road)

INDEMNITY / DISCLAIMER

By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and 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 organizers of the event, all sponsors, persons and organizations 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 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: 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 into this Indemnity/waiver on behalf of the minor.

PRIZE MONEY FOR 10KM

Positions	Men	Women
1st place	R2000.00	R2000.00
2nd place	R1500.00	R1500.00
3rd place	R1000.00	R1000.00
1st place (60+)	R500.00	R500.00

Online Entries: www.hopefamily.org | Medals to the first 1000 participants.

RACE TIMING FOR 10KM

An IPICO timing chip will be made available, on a loan basis, to all participants apart from ASWD licensed athletes who are to use their current personalised chips. The chip is to be worn on your shoe for the duration of the event. The loan chips are to be handed back at the end of the race in exchange for a medal. Participants will be held responsible for lost or damaged chips or those not handed back as required. It remains your responsibility to return the chip to the race organizer even in the event of not completing the race.



The Hope Family Church Night Run brought to you by:

_____	_____
Printed name of participant <small>(Parent/Guardian in the case of a minor)</small>	Phone
_____	_____
Signature	Date

