



**presents**



# ROAD RACE



**AGW 10 KM CHAMPS**

**Please tick correct box**

	<b>10 KM</b>	<b>R60.00</b>		<b>21.1KM</b>	<b>R90.00</b>
	Minimum Age: 14 Years			Minimum Age: 16 Years	

*Cut off 2 hours*

*Cut off 3 hours*

**Surname**

**Name on ID Document**

**I.D. Number**

**Nationality**

**Age**

**Male**

**Female**

**Birth Date**

**Initials**

**Category**

Jnr

  


Open

  


35-39

  


40-49

50-59

60-69

70+

**Postal Address**

  



**E-mail Address**

**Cellphone Number**

**Club Name**

**Next of Kin**

**Next of Kin Contact Number**

**ASA Province**

**License Number**

**Temporary License Number**

**Medical Aid**

**Yes**

**No**

**Medical Aid Name**

**Medical Aid Number**

*Medals to All Finishers. Lucky Draws After Prize Giving. Prize Giving @ 10:30 am*

**PLEASE TURN OVER. IMPORTANT INFO ON NEXT PAGE**

**ALL AGE CATEGORY TAGS MUST BE VISIBLE & ON THE CORRECT PLACE.**

**LICENCES ON THE FRONT & BACK MUST BE VISIBLE.**

**TEMPORARY LICENCE ON THE FRONT MUST BE VISIBLE**

**INDEMNITY / WAIVER**

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 organisers of the event, all sponsors, persons, person and organisation assisting in the staging of the event, provincial, national athletics bodies and all local authorities from any responsibility, liability or cost 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.

**NB: PLEASE NOTE THAT NO RUNNER WILL BE ALLOWED TO WEAR ANY DEVICE THAT MAY IMPAIR HIS/HER**

**HEARING: eg. IPOD, CELLPHONE WITH EAR PIECES.**

**2018 LITTERING RULES & REGULATIONS AT ROAD RACES (Rules 28.4.1-28.6 applies)**

**R 28.4.1 Unintentional littering is when a runner intends to throw waste into a box/ trough/ bin but misses.**

**R 28.4.2 Intentional littering is when a runner discards waste when there is no box/ trough or bin in their vicinity.**

**Athletes are requested to throw their plastic sachets in the boxes provided at water points**

**or run with it until the next water point.**

**ATHLETE SIGNATURE**

**DATE**

**RACE REGISTRATION OFFICIAL:**

**Minor Release:**

And I, the minor's parent and/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 proper physical condition to participate in such an activity and I enter into this indemnity / waiver on behalf of the minor.

**Name of Participant (Parent/Guardian in case of a minor):**

**CONTACT NUMBER:**

**SIGNATURE**

**DATE**