

**AGW RULES STRICTLY
ALWAYS
it seems
impossible
until it
is done.**

CONTACT:
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**LUCKY
DRAWS
after Prize
giving!!!**

WESRUN Banking Details:
CAPITEC BANK
DE AAR BRANCH: 470010
ACC NO: 1523850831
Reference No: "Initial, Surname / Distance"
(example: C Schoeman/21,1km)

PRIZE GIVING STARTS 11h00		
PRIZE MONEY FOR 1st PLACE IN AGE CATEGORIES IN 21,1KM ONLY		
1st BOY & GIRL (Max. Age 14years) on the 5KM -- R100.00		
1st man & woman	1 x Karoo Lamb	R500.00 cash
2nd man & woman	1 x Karoo Lamb	R500.00 cash
3rd man & woman	1 x Karoo Lamb	R500.00 cash
21,1 KM		
10 KM		
III PRIZE MONEY III		

License No's	Age Tags	Temporary License No's
License Numbers to be worn on the front & back and must be visible	Age tags must be visible & on the correct place	Temporary License must be worn on the front and must be visible
Temporary License Cost: R40		

Registration Times	Friday 13 September 2019 18h00 – 20h00	RACE DAY - Saturday 14 September 2019 05h00 – 06h00
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Normal Entry Fees (13 September 2019 & day of event)	R40.00	R80.00	R120.00
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Early Entry Fees (pre-entries strictly on or before 4 September 2019)	R30.00	R60.00	R100.00
Complete & signed Entry form; signed Indemnity/Waiver form; and proof of payment to be emailed to westundaraar@yahoo.com strictly on or before 4 SEPTEMBER 2019.			

Distance	Min. Age on date of event	Starting Times	Cut Off Times
5 KM	9 years	06h45	-
10 KM	14 years	06h30	2hrs
21,1 KM	16 years	06h30	3hrs
Medals to all 10km & 21,1km finishers within Cut Off Times			

(Van Der Merwe Street)

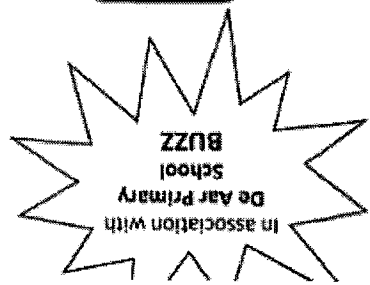
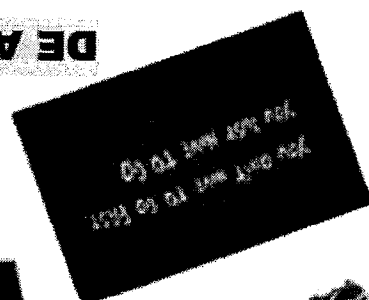
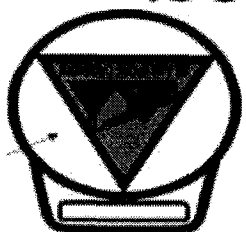
Venue & Registrations: DE AAR PRIMARY SCHOOL

Date: 14 SEPTEMBER 2019

DE AAR STONE CRUSHERS MARATHON

presents

WESRUN



SURNAME												
NAME												
IDENTITY NUMBER												
NATIONALITY (as on ID)												
GENDER (Male/Female)												
AGE												
RESIDENTIAL ADDRESS												
CELL NO												
EMAIL ADDRESS												
CLUB NAME												
ASA PROVINCE												
AGE CATEGORY	JNR	OPEN	35-39	40-49	50-59	60-69	70-79	80+				
SELECT ONE												
MEDICAL AID:	YES	NO	IF YES, MEDICAL AID NUMBER									
NEXT OF KIN	NAME & SURNAME		CONTACT NUMBER									

5KM	10 KM	21,1 KM	Pre-Entry (pre-entries strictly on or before 04/09/2019)		Normal Entry (13/09/2019 – day of event)
			R30.00	R60.00	R40.00
10 KM	21,1 KM	42,2 KM	Pre-Entry (pre-entries strictly on or before 04/09/2019)		Normal Entry (13/09/2019 – day of event)
			R60.00	R120.00	R80.00

TEMP LICENSE	R40	(mark if you need a temporary license)	TL
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DE AAR STONE CRUSHERS MARATHON – 14 SEPTEMBER 2019

ENTRY FORM

No runner will be allowed to wear any device that may impair his/her hearing eg. iPod, cellphone with earpieces, etc.

N IN ACCORDANCE WITH
IAAF, ASA & AGW RULES

ON 35N307

WESTERN

INDEMNITY / WAIVER FORM

By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF, ASA & AGW. I warrant that I am in good health and aware to the risks and dangers and 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 organisations assisting in the staging of the event, provincial and 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.

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 conditions to participate in such activity and I enter into this indemnity/waiver on behalf of the minor.

FULL & SURNAME OF PARTICIPANT (parent/guardian in case of a minor):

ATHLETE SIGNATURE:

PARENT/GUARDIAN SIGNATURE:

DATE:

LITTERING RULES & REGULATIONS 2018 @ ROAD RACES:

(Rules 28.4.1 – 28.6 applies)

Littering are categorized as intentional & unintentional littering:

- 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/bin anywhere 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.