

14

# Fast Movers AC

D1560 Nompanda Area, Ndwedwe, 4342

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## BHAMSHELA RACE

### DISTANCES

### 10KM AND 5KM

START CHIEF NGONYAMA TECHNICAL SCHOOL  
FINISH CHIEF NGONYAMA TECHNICAL SCHOOL  
Date 25May 2025  
Time 08h00 10km  
Time 08h15 5km

### ENTRIES AND PRIZES

### 10km

Online entries and manual entries

03March2025

Entry Fees -R250

Temporary licence no. R70

Ages

14yrs -19yrs

Prizes -Male and Female

Position

1.R1000  
2.R900  
3.R800  
4.R700  
5.R600  
6.R500  
7.R400  
8.R300  
9.R200  
10.R100

Entry fees -R250

Ages

20yrs -35yrs

Prizes -Male and Female

Position

1. R3000  
2. R2000  
3. R1000

Entry Fees-R250

Ages

36yrs-39yrs

Prizes- Male and Female

Position

1. R3000  
2. R2000  
3. R1000

Entry fees -R250

Ages

40yrs-49yrs

Prizes-Male and Female

Position

1. R2000  
2. R1000  
3. R500

**Entry Fees -R250**

**Ages**

Prizes-Male and Female

Position

1.

**60+yrs**

R300

**ENTRIES AND PRIZES**

**5km**

**All Ages**

**Entries fees : R150**

Prizes -Male and Female

**No Temporary licence required.**

Medals and T-Shirt

**All finishers will get T-shirt and Medal**

**MANUAL ENTRY FORM**

**10km**

**5km**

10km Start Time 08h00

5km Start Time

08h15

Surname .....First Name(s).....

2025 licence no.....SA Citizen .....Yes/No.....If no state.....

Identity Number ..... Age.....Gender.....

Cell No.....H/Tel.....W/Tel.....

**Banking Details:**

**Name of Bank:**

**FNB Account: 63104229596**

**Branch Code:250113**

**Rules and Regulations**

1. All athletes must be 14 years and above to participate in 10km and 9 years and above to participate in 5km.
2. KwaZulu Natal Athletics age category tags must be worn on the back and front of the vest/crop top and must be clearly visible in order to qualify for age category prizes
3. 2025 licence number must be worn on the back and front of vest and must be clearly visible with race number on the front.
4. Permanent licence /temporary licence must be clearly visible with race on the front.
5. Maximum finish time for 10km 1hour 30minutes to get any prize including T-Shirt and Medal.
6. Prize giving will start at 10h30
7. Proof of age will be required in order to collect prize money.
8. Athletes to obey officials, Marshals, SAPS and Traffic Officers
9. Race abide by WA, ASA, and KwaZulu Natal Athletics rules and regulations
10. Junior Athletes must be 19years and younger on 31December in the year of competition, wear 'J' on the upper front and back of the vest/crop top in order to be eligible for prizes and must provide proof of age on the day.
11. Foreign athletes must comply with WA Rules CR1.7.TR4.1.TR4.2 together with ASA Rule 9
12. Temporary licence athletes are not covered by national medical insurance policy,

ASA Rule 25.6.15

- 13. Unregistered athletes running with Temporary licence must run in neutral colours and adhere to WA Advertising Regulations
- 14. Holders of temporary licences will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rules.

**Disclaimer and Indemnity**

I am medically fit to run and understand that I enter at my own risk and the organizer will not held responsible for any injury or illness during or as results of the race signed at any property lost or damaged on the course or in changing area. In the event of requiring medical attention. I agree that I will be held responsible for the medical cost. in the event of my participation as a runner. I absolve the club, sponsors and KZN of any liability.

Name and Surname.....

Signed at ..... Signed by ..... Date.....

