

[ASWD STANDARD ENTRY FORM]
RULES AND REGULATIONS

ADMIN USE							
CHIP NO							
TEMP NO							
SURNAME							
FIRST NAME							
PROVINCE					LIC NO 2025/2026		
DATE OF BIRTH	D	D	M	M	YYYY	AGE	
MALE					RUNNER		
FEMALE					WALKER		
CLUB							
ADDRESS							
CELLPONE NR							
ID/BC/PP/DL No							
EMAIL ADDRESS							
EMERGENCY Contact / cell							
PARTICIPATION AGE CATEGORY: JUNIOR / OPEN / 40-49 / 50-59 / 60-69 / 70-79 / 80+ / WALK							
Race	Entry Fee			Temp Lic Fee			TOTAL
5 km Fun run	R45,00			None			
10 km	R100,00			R50,00			

INDEMNITY / DISCLAIMER 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 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.

Printed name of participant (parent/guardian in the case of a Minor):

.....

Phone: Signature:

Date:



Van Kervel School



in conjunction with **Outeniqua Harriers**

Presents

10km NIGHT RACE & 5km FUNRUN

Wednesday 18 February 2026 @ 18:00

Sponsored by



LUCKY DRAWS, A FREE CAPPUCCINO & BOEREWORS ROLL

Start & FINISH @ Van Kervel School Sport field

Time: 18:00

Fees: 10km R100

5km R45

TEMP LIC R50

HELD UNDER THE RULES OF ASA AND ASWD

This event is timed by IPICO timing chip. No chip, no time



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