



GET UP
MAKE A CHOICE
SET THE TONE

Name and Surname: _____

Gender: _____

Cell Number: _____

Email: _____

Date of birth (Required): _____

Emergency Contact Name: _____

Emergency Contact Number: _____

Area of Residence: _____

How did you hear about the event? Radio Pole Ad Flyer Social Media

Would you like to receive future information? Yes No

Dependants:

Name and Surname: _____ 5km 10km Date of birth* : _____ Sex: M / F

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***Date of birth is a requirement.**

No of Participants: 10km Run/Walk @ R150.00pp = _____
5km Run/Walk @ R120.00pp = _____
Children (0-7 years) @ FREE
Non-Participants @ R40.00pp = _____
 @ R170.00 = _____
TOTAL

Include race shirt with my entry: **Yes / No**

(only adult shirts available; XS, S, M, L, XL, 2XL, 3XL, 4XL)

Enquiry about group discount for 10 or more people

DISCLAIMER AND WAIVER: Participants take part in the 5km and 10km Fun Walk/Run at their own risk and waive all claims against Cosmo Gas and Welding (Pty) Ltd t/a Cosmo Industrial, land owners, any individual organizer or official, marshal, assistant or agent, the sponsors or any local authority or their employees. Minors (u. 18) must have this form signed by their parent/legal guardian who thereby indemnifies the organizers of the 5km and 10km Fun Walk/Run against all claims.

Entries cannot be refunded, cancelled, returned or exchanges on account of weather or unforeseen events occurring beyond the control of the event organisers. Event will be Covid-19 compliant. Limited entries, staggered start.

Fax entry form to 012 804 6571 or email petra@cosmogroupsa.co.za. Proof of payment should accommodate your entry form. Banking details: Cosmo Gas and Welding (Pty) Ltd. FNB Silverton, Account Number: 623 791 68034, Branch: 250 845. Reference no: Name, surname and number of participants.

Signature Participant

Signature Parent/Legal Guardian

Date

For more information: 012 846 3300

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GROUP