

ENTRY-FORM 6<sup>TH</sup> December 2025  
KOPANONG A/C FESTIVE RUN 21.1 KM/10KM/5KM FUN RUN

21km@R180/ 10km @ R150-00 • 5km FUN/WALK @R70. TEMPORARY LICENSE: R50-00

NAME & SURNAME : .....Race : .....5km/10 km/21km

ID no/Birth certificate/passport no:..... AGE :.....Gender:.....

Postal Address:.....code .....

Cell no/Work/Home NO:.....E-mail :.....

Emergency NO:.....Province:.....ASA NO/TEMP :.....

Athletic club/school/INDI : .....

### General Rules

1. Participants must be eligible according to the WA, ASA, and AFS rules.
2. Temporary NO only for 21km, 10km, the participant has no insurance coverage on the race day.
3. Athletes must be members of an affiliated club to qualify as Category winners. You do not need to belong to a club to run any of the races. (Adhere to the undermentioned rule 4.)
4. Athletes must wear their 2025 official ASA license No, on the front and back of their vest.
5. Temporary number to be worn at front of the gear.
6. Age restriction, 21km, 10km-14 years & older, Age restriction for 5km Fun Run 9 years and older under full supervision of parent/guardian.
7. Marshals, traffic authorities & rules must be obeyed - failing to do so may lead to disqualification.
8. Checkpoints on the route. In case of an emergency, report to the next water point.
9. All walkers, and runners participate at their own risk.
10. Due to the nature of the course no wheelchairs, prams, blades, animals, cyclists are allowed.
11. No seconding or car allowed on the course as there are enough refreshments on tables, Seconding can only be permitted in the demarcated area of a water point allocated to an individual,
12. Age category tags must be worn on the front and back to qualify as category winners.
13. Race numbers or entry tickets must be completed in full. If not, athletes will be disqualified from the race and will not receive a medal or prize money or incentives.
14. Proof of age must be provided on race day if required- ID or Birth certificate, Driver's License
15. The organizers reserve the right to return any entry not in keeping with the spirit of the race.
16. All winners need to attend the prize-giving at 09:30.
17. The decision of the organization will be final, and no correspondence will be entered into.
18. International athletes who partake for prize money must produce a clearance certificate from their National Federation to compete in SA Approval by ASA handed in to the organizer before entering the race.
19. Participants partake at own risk and need to be medically fit.
20. Environmental (rule 23) Participants must take responsibility for their actions when disposing of litter. It can lead to disqualification.
22. Cut-off times: 2 hours for 10 km and 1 Hour for 5km.

**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 at my own risk. I warrant that I am in good health and aware of risks and danger of physical nature of this sporting event, I hereby accept that I participate in the event and release and discharge, to the fullest extent allowed in law. The organizers of the event, the sponsors, persons 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. I further agree & warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

MINOR RELEASE & I, the minor's parent, or guardian, understand the nature of the athletic activities & the Minor to be in good health & in proper physical condition to participate in

such activity and enter into this indemnity/waiver on behalf of the minor.

Signature of athlete: \_\_\_\_\_ Name & Surname: \_\_\_\_\_

Date: \_\_\_\_\_ Name & Surname: \_\_\_\_\_ Parent/Guardian if minor is 18 years and younger