ENTRY FORM

(Please tick the appropriate box)

Pre race entries	21.1km	R90	10km	R70	Fun run		
Race day entries	21.1km	R100	10km	R80	Fun run R10 Race day		
Temporary Licenses	21.1km	R25	10km	R20	No temporary licence required		
Entries taken at the start from 05:30							

Grandmasters free - proof of age to be provided Contact: Anorld Ravhutulu - 079 135 4566

PERSONAL INFORMATION

Surname:				
First name(s):				
ID No:	Date of Birth:		Age on race day:	
Physical address:				
Town:		Po		
Club & Licence No:		Province:		

CONTACT DETAILS

TEL: (h)	(w):	(c):
Email:		

EMERGENCY CONTACT

Full name:		
Relation		
TEL: (h)	(w):	(c):
Email::		

I declare that I am medically fit to walk/run, and if I am under 18, my parent or legal guardian has signed to the effect that I have permission to enter, and that I enter entirely at my own risk. I understand that the organisers/sponsors shall not be responsible for any injury, loss or damage as consequences of my participating in this event directly or indirectly. I understand that my entry is subject to the orginasers discretion and that after acceptance and in the event of cancellation the is not refundable.

Signed: _____ Date: _____

Parent or Guardian(if under 18 years)

Full name: ____

Relationship if parent or guardian:

PRIZE MONEY Equal prize money for male and female runners

Position	Open		Veteran		Master		Grand Master Junior			
	21km	10km	21km	10km	21km	10km	21km	10km	21km	10km
	R1000	R500	R250	R200	R150	R100	R150	R100	R200	R150
	R600	R300	R200	R150	R100	R80			R150	R100
	R350	R200	R150	R100						
	R200	R150			-					
	R150	R100								

MEDALS:

Gold: Prize money winners

10 km - first 1000 finishers

GIVEAWAYS:

5km Fun Run T-Shirts

PRIZE GIVING

10km @ 08:30 21.1km @ 10:00

Silver: 21.1km - sub 90 minutes 10km - sub 40 minutes

Bronze: 21.1km - first 1000 finishers

Fun Run - Medals to first 500 finishers

21.1km T-Shirt - First 1000 finishers

10km T-Shirt - First 1000 finishers

First 500 entrance on race day

GENERAL INFORMATION:

- Flat double lap route ideal for last time
- Last Half Marathon for 2015
- Great festive atmosphere
- Food and refreshments on sale at the start and finish
- Ample toilet and shower facilities
- All participants will qualify for lucky draw prizes
- All lucky draw prizes will be handed out at the 21.1km prize giving at 10:00
- Participants must be present with their race number in order to qualify for the prizes
- Secure parking and safe route
- Cut of time 3 hours
- Refreshment stations every 3km
- Walkers welcome

RULES:

- 1. The race is held under the rules of Athletics South Africa and Central Gauteng Athletics
- 2. Runners and walkers participate at their own risk
- Registered athletes must belong to a club, affiliated to ASA and must wear club colours and their 2015 license number on the back of their vests
- 4. All runners must wear their issued race number on the front of their vests
- 5. No runners under the age of 15 years on the day will be allowed to enter the 10km and 9 years for the Fun Run
- 6. No runners under the age of 16 years on the day will be allowed to enter the 21.1km
- Runners without ID tags on front and back of vests will not qualify for an age group size. Numerical age category ID tags must be visible on both front and back vests
- 8. No seconding allowed on the route. Ample refreshment stations will be provided on the route
- 9. Runners indemnify the national, provincial and regional bodies, sponsors and organisers of the race, against all/any action of whatever nature that may occur during the race
- 10. Proof of age to be provided on the day of the race
- 11. All instructions given by traffic officers and marshals must be obeyed
- 12. No blades, cycles, prams or mechanically operated devices will be allowed in the 21.1 and 10km races
- 13. No wheelchair athletes will be allowed due to the nature of the route
- 14. Temporary licensed athletes must wear plain clothing and the issued temporary license on the back of their clothing
- 15. No pets will be allowed
- 16. International athletes must provide a clearance letter to the referee in the event of them winning a prize
- 17. Temporary licensed athletes are eligible for open and category prizes, provided they have the age category clearly visible
- 18. No iPods, Walkmans, or similar devices are allowed, while participating
- 19. Temporary License: (1) Half Marathon = R 25.00 (2) 10km = R20.00
- 20. (1) Province (2) split club and license number
- 21. Objections must be lodged within 30 minutes (before or after prize-giving) in writing to the chief referee accompanied by R300.00 which is refundable if the appeal is upheld.

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4. At next robot, turn right (Black Reef Road)

6. Katlehong Sports Complex on your right



3. At robot, turn left into Black Reef Road 4. Continue with Black Reef Road 'til Katlehong Sports Complex on your right



SUN

2015

21.1km & 10km @ 06h30 5km Family Fun Run @ 06h45

Katlehong Sports Complex Masakhane Road, Katlehong

Entry forms at: All Central Gautend races from November 2015







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