

Race Rules and General Information

1. Referees DECISION IS FINAL.
2. Obey All Traffic officials and Race marshals.
3. The race will be run according to the rules of the IAAF and ASA.
4. No seconding will be allowed.
5. Ages: Athletes for 10km must be 14years or older on the day of the race.
Athletes for 21.1km must be 16 years or older on the day of the race.
Athletes for 42.2km must be 20 years or older on the day of the race.
6. All athletes will participate at their own risk.
7. Proof of age (ID) to be produced upon request on day of race.
8. Registered athletes must wear full club colours.
9. Valid 2016 license numbers on the front and back of the vest.
10. Temp licence at the front on the vest. Fill is tear off slip
11. Age category ID tags must be worn (back and front) by athletes competing for a category prize AND must be fixed on vest all 4 corners.
12. No l-pods allowed during the race.
13. Tog bag carriers will be available.

Entry Fees (Non-Refundable)

42. 2 KM : R 50.00
21.1 KM : R 30.00
10 KM : R20 00
Temporal Licenses: R 20 00

NB. Registration will be on the 02nd April 2016 at GSDM Offices starting at 04h30 to 05:55am

Entry Form

(Please tear this page and return it to race organisers)

Personal Information

Title (Please Cross): Mr./ Ms/ Dr/ Prof/ Rev

Surname : _____

First Name/s : _____

ID/ Passport No. : _____

Date of Birth : ____/____/____

Race Information

Name Of Club : _____

Category : _____

Gender : _____

Province : _____

Country : _____

Race Entered : 42.2 KM / 21.1 KM / 10 KM (Please Cross)

Medical Information

Do you have Medical Aid: Y / N

Medical Aid Name: _____

Medical Aid Number: _____

Family Doctor : _____

Emergency Contact Person: _____

Declaration: I declare that I participate at my own risk according to the race rules and that I indemnify the sponsors, race organisers marshals and traffic officials against any claim that may result from my participation.

Name: _____

Signature: _____

Date: ____/____/____