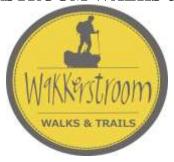
# SEVENTH WAKKERSTROOM MOUNTAIN CHALLENGE

Run under the auspices of Volksrust Marathon Club, and

# WAKKERSTROOM WALKS & TRAILS



### 21.1KM & 10KM RUN/WALK 5KM FUN-RUN

WHEN: SATURDAY, 18th JUNE 2016

START AND FINISH: NGK GROUNDS, KERK STREET, WAKKERSTROOM

**STARTING TIME for all races:** 08h00

PRE-REGISTRATION: FRIDAY, 17th JUNE 2016 18H00 – 19H00 AT COUNTRY INN

**REGISTRATION:** SATURDAY, 18th JUNE 2016, NGK GROUNDS FROM 07h00

**RACE FEES:** Payable at pre-registration or on race day. If prepaid into the bank account, please bring proof of payment. (R80 for 21.1km, R50 for 10km, temporary-license R30. R30 for Fun-run). See entry form for payment and other details.

### PRIZES: THERE WILL BE NO AGE CATEGORY PRIZES.

Prize monies and a **limited** amount of specially commissioned medals will be awarded to both male and female contestants, who finish in first place, as shown below. Ordinary medals for **all** finishers.

	PRIZE MONIES		MEDALS	
	RUN	WALK	RUNNERS	WALKERS
21.1km	1st R250	1st R250	"Gold" medals for first man	"Gold" medals for first man
	2 <sup>nd</sup> R200		and first woman.	and first woman.
	3rd R150			
10km:	1st R250	1st R250	"Gold" medals for first man	"Gold" medals for first man
	2 <sup>nd</sup> R200		and first woman.	and first woman.
	3 <sup>rd</sup> R 150			
<b>FUN-RUN</b>	1st R 50		Medals for all finishers.	
5km	2 <sup>nd</sup> R 30	n/a		n/a
	3rd R 20			

PRIZE GIVING: 10H00 AT NGK GROUNDS, KERK STREET, WAKKERSTROOM

ACCOMMODATION: RUNNERS WILL BE RESPONSIBLE FOR ARRANGING THEIR OWN

ACCOMMODATION – a list of local establishments, including details of Restaurants is available from: **info@wakkerstroomreservations.co.za** 

www.wakkerstroom.co.za

NIGEL MASON: 083 417 2757 RUPERT LAWLOR: 083 227 9020

# SEVENTH WAKKERSTROOM MOUNTAIN CHALLENGE WAKKERSTROOM WALKS & TRAILS SATURDAY, 18TH JUNE 2016

### **Entry form:**

**Bank Details**: Postbank Savings A/c Account Name: Wakkerstroom

Mountain Challenge Club Branch Code: 460005 A/c No.: 00092768896 Please use your ID number as reference on the deposit or EFT, and bring proof of payment to registration.

Mark with X	21.1km	10km	5km
Mark with X	Run	Run	
	Walk	Walk	
Entry fee	R 80	R50	R30
Temp. license Mark with X	R30	R30	n/a

Surname and name **ID** Number Club Club Licence No. Temp Licence No: Province day month Date of Birth year Gender M: F: Postal address Code: Work: Tel no: Home: Cell: E-mail:

# Starting time for all races: 08h00

#### Rules:

- The race will be run subject to the rules as laid down by the IAAF, ASA and MPA.
- Club colours and valid licence numbers must be worn by registered athletes
- Walker tags and license numbers to be worn (back and front of top only) by registered athletes
- Entrants for 21.1km events must be 16 years and older
- Entrants for 10 km event must be 15 years and older
- Entrants for 5 km must be 9 years and older
- ID documents must be available on race day
- Stand and hand seconding only.
- Marshals must be obeyed at ALL times
- All foreign athletes must comply with IAAF rules 4.2 and 142
- Failing to comply or disobeying these rules could lead to disqualification

Indemnity: (If the indemnity is **not signed** by the athlete and, in the case of a minor, by the parent or guardian, the athlete **may not run or walk** in any of the Wakkerstroom Mountain Challenge races).

I (and in the case of a minor the parent/guardian) declare that all information supplied by me is true and correct. I am medically fit to participate and understand that I enter this event entirely at my own risk. I accept that the organizers, sponsors and hosts shall not be held responsible (whether directly or indirectly) for any accident, injury, damage or loss of property, however arising, during, before or after the event, anywhere on the course or at the starting and ending venue. I accept that this is a voluntary event and that while the organizers seek to ensure that the event will occur in a safe manner, they cannot be held liable in any way for any damage, loss or injury which may be suffered (irrespective as to whether the damage or loss or injury arises from negligence (including gross negligence) or otherwise). I indemnify the organizers, hosts and sponsors against any and all claims which may arise as a result of my participation in the race and any loss or injury(of whatsoever nature and howsoever arising, including arising as a result of negligence including gross negligence)which I or my parents or dependent may suffer .I agree with the rules of the event.

PARENT/GUARDIAN SIGNATURE DATE I.D. NUMBER: