

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

**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](mailto:info@wakkerstroomreservations.co.za)

[www.wakkerstroom.co.za](http://www.wakkerstroom.co.za)

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**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												
Date of Birth	day	month						year				
Gender	M:						F:					
Postal address												
	Code:											
Tel no:	Home:				Work:				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: