

# MEDALS TO ALL FINISHERS

## PRIZES AND MEDALS

	10KM	OPEN	40-49	50-59	60-69	70+	JNR	5km	WALKERS
1	MALE / FEMALE	R500	R200	R200	R200	R200	R200	R150	R150
2	MALE / FEMALE	R350	R100	R100	R100	R100	R150	R100	R100
3	MALE / FEMALE	R200	R100	R100	R100	R100	R100		

**LUCKY DRAW PRIZES: 4 x R1000 vouchers from Brian Bands for running shoes, vouchers and many more!**

## LUCKY DRAW PRIZES

Winners must be present at the draw to receive a prize should their name be drawn. All entrants qualify for lucky draw prizes. Medals to the first 700 finishers.

## IMPORTANT INSURANCE

Athletes registered with EPA are covered by a Group Personal Accident Insurance Scheme while participation in the Road Race. Details obtained from the EPA offices or your Club. This cover does not extend to athletes running with temporary licences. Temporary licenced athletes are covered by ASA Insurance scheme, applicable for race day only. Completion of the tear off slip is compulsory. There will be a separate table for individual athletes to enter.



**Galaxy GRILL**  
STEAK • RIBS • BURGERS



**R1000**  
TO THE KING AND QUEEN OF THE HILL



**CHARLO ATHLETIC CLUB**



**10km & 5km fun run | Saturday | 21 January 2017**

Starting times: 10km - 06:00 | 5km - 06h15



**Start & Finish:**  
Moffett on Main Lifestyle Centre, Entrance 2, from the open air parking lot.

# 10KM / 5KM FUN RUN ENTRY FORM

**PLEASE TICK THE APPROPRIATE BLOCK:**

MALE  FEMALE  10KM  5KM

LICENCE NUMBER: \_\_\_\_\_

SURNAME: \_\_\_\_\_

FIRST NAME: \_\_\_\_\_

CLUB IN FULL: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

AGE: \_\_\_\_\_

ID NUMBER: \_\_\_\_\_

EMERGENCY CONTACT NUMBER: \_\_\_\_\_

I declare that I will abide by the rules and regulations of ASA and EPA and will obey traffic officers and officials at all times. I am medically fit and participate at my own risk and will not hold the organisers, EPA or the sponsors liable for any claim, loss or injury incurred as a result of my participation in the event.

I undertake to yield to traffic if I am still on the road after 2 hours.

\_\_\_\_\_  
SIGNATURE (PARENT IF UNDER 18)

**LICENSED ATHLETES 65 YEARS AND OLDER ENTER FOR A REDUCED PRICE IN 10KM ONLY**

10 KM ENTRY FEE: R50.00 (65 + yrs Reduced Price R40.00)	R
5 KM ENTRY FEE: R25.00	R
TEMP. LICENCE (10KM ONLY): R30.00	R
<b>TOTAL</b>	<b>R</b>

**GENERAL RULES**

1. Race will start & finish at Moffett on Main Lifestyle Centre, Entrance 2, from the open air parking lot.
2. 5km: 6:15 am | 10k: 06:00 am
3. Cut-off time: 07h45 am
4. Prize giving to be held in the @Homelivingspace Exhibition Court at 8am.
5. All traffic officers & marshals shall be obeyed at all times.
6. All runners must run on the right-hand side of the road.
7. Toilet facilities (no showers) are available within Moffett on Main Lifestyle Centre.
8. Race entries to be collected at Galaxy Grill at Moffett on Main Lifestyle Centre, Brian Bands, Planet Fitness, Brocket Sports Uitenhage, Action Sports Summerstrand.
9. Closing date for pre-entries: Wednesday, 18 January. Late entries & numbers taken at Moffett on Main Lifestyle Centre Friday 20 January, 17h00 – 19h00 pm & Saturday, 21 January at 4:45am.
10. 10km race held under rules of ASA & EPA. Athletes indemnify the Provincial & Regional Bodies, Sponsors & Organisers against all & any action of whatsoever nature, arising out of their participation in the race.
11. Club Colours & 2016 licence numbers to be worn on front & back of vest.
12. Temporary license athletes to wear issued number on front & back of plain white t-shirt.
13. Age category tags to be worn to qualify for age prizes.
14. Competitors for 5km, must be 9 years or older, and for 10km must be 14 years or older, on day of the race.
15. No personal seconding allowed.
16. There will be two water points on the 10km route, and one on the 5km route
17. No earphones allowed on the route as this will lead to disqualification.

Queries: Contact Eusentha Pillay: 084 665 0910

