

INSKRYWINGSVORM / ENTRY FORM

Inskrywingsform/Entry Fee 5km and 10km										ADMIN USE ONLY		
* Pre-entry 10km licenced athletes		R55		R65		TEMP NUMBER						
* On Race day entry 10km licenced athletes		R55+R10		R65								
* Pre-entry 10km unlicenced athletes		R55+R35		R90								
* On Race day entry unlicenced athletes		R55+R10+R35		R110		Fees paid						
*5km (No temp licence reg)		R20										
Tick appropriate box												
Surname												
First Name												
ID Number												
Date of birth		Y	Y	Y	Y	m	m	d	d	Age	Male <input type="checkbox"/>	Female <input type="checkbox"/>
Cell Number												
Emergency person name										Emergency name and number		
Contact number												
Postal Address												
Email												
Club name												
2019 Liece nr				ASA Province								
5km <input type="checkbox"/>		10km <input type="checkbox"/>		Run <input type="checkbox"/>		Walk <input type="checkbox"/>						
14-19 <input type="checkbox"/>		Open <input type="checkbox"/>		40-49 <input type="checkbox"/>		50-59 <input type="checkbox"/>		60-69 <input type="checkbox"/>		70+ <input type="checkbox"/>		
				Ouderdom kategorie/ Age category								

INDEMNITY / DISCLAIMER
 By entering this event, I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and dangers of the physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, persons and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

SIGNED _____

MINOR RELEASE
 And I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this indemnity/waiver on behalf of the minor. Printed name of participant (parent/guardian in the case of a minor), _____

SIGNED (signed by a parent/legal guardian if the participant is under age of 18) _____ **DATE** _____

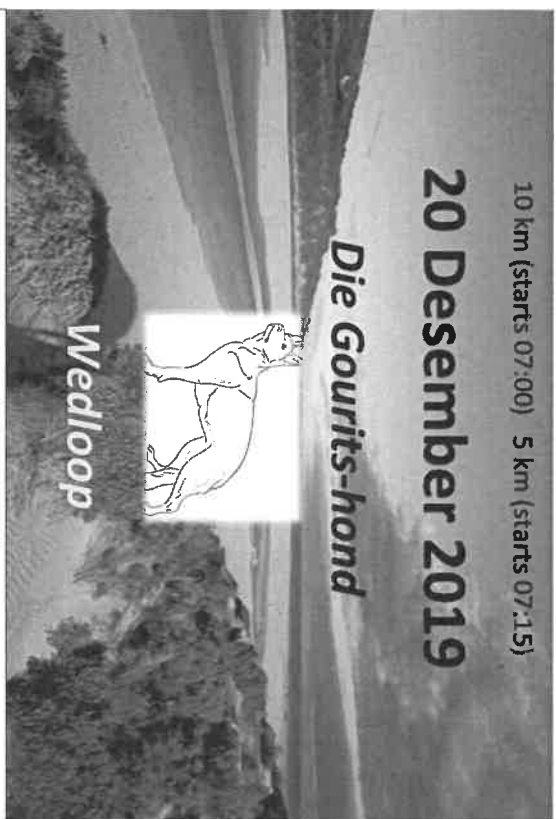


Gouritsmond

10 km (starts 07:00) 5 km (starts 07:15)

20 Desember 2019

Die Gourits-hond



Albertina Meubelvervoer
TROTSE BORGE VAN DIE GOURITSMOND VIS- EN FYBOSFEES, GOURITS-HOND WEDLOOP
 (10 km en 5 km) / **PROUD SPONSORS OF THIS GOURITSMOND RUN**

REÛLS EN REGULASIES RULES AND REGULATIONS

- 1) **Age:** Minimum age on race day is 15 years for the 10 km. The minimum age for the 5 km is 7 years, however entrants younger than 7 years can participate in the 5 km if accompanied by a guardian who is 16 years or older.
- 2) **Prize Giving:** Athletes are responsible to collect their own prize money or make an alternative written arrangement with the Event Organiser. Failing which prize money is forfeited. (ASA rule 2.10). Prize giving for the 10 km is at 10:00.
- 3) **Age tags:** Participants will be eligible for prizes in the OPEN category tag or junior tags if displayed, visible and above license number front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. (Red age tags/white background (ASA rule 22.9))
- 4) **Seconding:** No seconding from cyclists or private vehicles allowed. Personal seconding, stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 34.8.2).
- 5) **Proof of Age:** Athletes must give proof of age at the request of the Race Referee. (SA ID/Passport/Driver's License/Refugee Permit/Birth Cert.)
- 6) **Foreigners:** All foreign athletes must comply with IAAF rule 142.2 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day.
- 7) **Safety Rule:** All distances – No earphones (ASA Rule 34.10.6), animals (ASA Rule 34.10.1), racers (ASA Rule 34.10.3) or wheelchairs (ASA Rule 34.10.4) allowed.
- 8) **All road races held subject to the rules of ASA and Athletics SWD. All competitors must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non compliance may lead to disqualification. The Race Referee's decision is final. The race organiser reserves the right to accept/reject any entry received.**

PLACE	MEN/ WOMEN OPEN	MEN/ WOMEN JUNIOR	MEN/ WOMEN 40 - 49	MEN/ WOMEN 50 - 59	MEN/ WOMEN 60 - 69	MEN/ WOMEN 70+	MEN/ WOMEN WALK
1	R300	R100	R100	R100	R100	R100	R100
2	R200						
3	R100						

INLIGTING /INFORMATION

<p>INSKRYWINGS/ENTRIES</p> <p>Pre-entries and proof of payment must be mail to marlene.smit18@gmail.com Pre-entries closed on 18/12/2019 – 16:00 Donderdag/Thursday 19/12/2019 – 16:00 – 18:30 Vrydag/Friday 20/12/2019 – 05:00 – 06:45 Gouritsmond Gemeenskapsaal/Community Hall</p>	<p>Rekeninghouer: Marlene Smit Bank: FNB Tak No: 230303 Rek naam: 53929005685 Tipe Rek: Tjek</p> <p>Goud/Gold – Eerste/First 50 Silwer/Silver – Volgende/Next 250 (Res van medalies sal gepos word/balance of medals will be posted) Eindpunt/Finish line – 10:00</p> <p>Alete moet hul eie prysgeld in ontvangs neem of alternatiewe reelings tref met die organiseerders. Indien nie, sal prysgeld verbeur word./Athletes are responsible to collect their own prize money or make alternative arrangements with the event organisers. Failing, which prize money will be forfeited (ASA rule 2.10)</p> <p>Na prysuitdeling/After prize giving</p> <p>Roete is redelik gelyk en deur die dorp asook langs die kus op 'n grondpad. 'n Paar klein heuweltjies kom voor./Route is relatively flat and runs through the town as well as on a stretch of gravel road next to the coast.</p>
<p>BANKINLIGTING/ BANKING INFO</p>	<p>MEDALIES/MEDALS</p>
<p>PRYSUITDELING/PRIZE GIVING</p>	<p>GELUKKIGE TREKKINGS/ LUCKY DRAWS</p>
<p>ROETE/ROUTE</p>	

RACE	ENTRY FEE	TEMP LICENCE FEE	DATE	MIN AGE
Fun Run 5 km	R20,00	None	Before race day	7 years
10 km	R55,00	R35,00	Before race day	15 years
10km	R65,00	R35,00	On race day	15 years

Vir meer inligting kontak asseblief /
 For more information,
 please contact:

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Koos: 076 874 1814
E-Mail marlene.smit18@gmail.com