



4km + 15km TRAIL ENTRY FORM

SURNAME:

FIRST NAME:

CELL:

E-MAIL:

SEX: M F

DATE OF BIRTH: YY/MM/DD:

AGE: (on day of race)

I undertake to participate in the above event entirely at my own risk. I agree that I shall have no claim whatsoever against the organisers, sponsors, or the employees or servants of any of the above parties for any loss, damage or injury whatsoever which I may suffer as a result of my participation in this event including my arrival thereat and departure there from and any ceremonies or functions thereof. I confirm that this special agreement is entered into for the benefit of the Lake Farm Centre.

PLEASE TICK: 4km 15km

Signature of competitor:

	STARTING TIME	ENTRY FEE
15km trail	6:40am	R80
4km trail	7:00am	R30
Entry fee:		R
TOTAL:		R

PRIZE MONEY

+/-15KM TRAIL	MEN	WOMEN
1 st Open	R350	R350
2 nd Open	R250	R250
3 rd Open	R150	R150

10KM WALK / RUN	MEN	WOMEN
1 st Open	R350	R350
2 nd Open	R250	R250
3 rd Open	R150	R150
1 st Athlete 40-49	R100	R100
2 nd Athlete 40-49	R70	R70
3 rd Athlete 40-49	R50	R50
1 st Athlete 50-59	R100	R100
2 nd Athlete 50-59	R70	R70
3 rd Athlete 50-59	R50	R50
1 st Athlete 60+	R100	R100
2 nd Athlete 60+	R70	R70
3 rd Athlete 60+	R50	R50
1 st Athlete 70+	R70	R70

MEDAL BREAKDOWN Special handmade medals

500 for 15km/4km trail, 600 for 10km, 1200 for 5km

MUST BE PRESENT FOR LUCKY DRAW PRIZES

Support this project as all proceeds go to
Lake Farm Centre



Race held in accordance with rules of ASA and EPA.

For information contact:
Graham Channon
on 078 184 9723



RULES 4km + 15km TRAIL RUN

SATURDAY 12 MARCH 2016

LAKE FARM CENTRE /

ROYALSTON EXCLUSIVE RESIDENTIAL ESTATE

STARTING TIMES: 4km-7:00am, 15km-6:40am

CUT-OFF TIME: 9:30am

1. Late entries and registration on the morning of the race. Pre-entries collect on the morning of the race.
2. Entrants must be 18 years old on the day of the race to participate in the trail run.
3. Entries at R80/R30 can be handed in at Trailbusters, Action Sports, Brian Bands, The Footballer and Brocketts Sports (Uitenhage) until 5pm on Wednesday 9 March 2016. No entries whatsoever will be accepted at these stores after this time. Only cash will be accepted.
4. No water point, runners to carry their own water.
5. Prize-giving at 9:45am.

For trail run queries contact:

Bradley Mackenzie on 082 893 9772.

VOLKSWAGEN

GROUP SOUTH AFRICA



DIE BURGER



GPS: 33 deg 59'06.2"S / 25 deg 25' 30.13"E

RULES 5 & 10km WALK / RUN

SATURDAY 12 MARCH 2016

LAKE FARM CENTRE

STARTING TIMES: 5km-8:00am, 10km-6:30am

CUT-OFF TIME: 9:30am

1. Entries at R30 for the 5km and R50 for the 10km can be handed in at Action Sports, Brian Bands, The Footballer and Brocketts Sports (Uitenhage) until 5pm on Wednesday 9 March 2016. No entries whatsoever will be accepted at these stores after this time. Entries will be accepted on the day. Cash only.
 2. Minimum age for 5km is 9 years old and minimum age for 10km is 14 years old on race day.
 3. Temporary licenced athletes are covered by ASA Insurance scheme, applicable for race day only. Completion of the tear off strip is compulsory. There will be a separate table for Individual Athletes to enter. Temporary licence is required at R30 for the 10km only. Registered athletes are covered by a personal accident Insurance scheme. Details may be obtained from your club/province. Temporary licenced athletes have no cover and these participants are urged to join an affiliated club.
 4. Details available from EPA on (041) 374 2818.
 5. Runners using a temporary licence shall produce proof of age on race day to qualify for prizes.
 6. Officials' decision on prizes will be final.
 7. No prize-money for 5km but you will qualify for lucky draw prizes.
 8. Pre-entries collect on the morning of the race.
 9. Water will be available on the route.
 10. The wearing of earphones or headsets is prohibited and will lead to disqualification.
- Prize-giving at 9:45am.
All bulk school entries to be entered by 9 March 2016.
No bulk entries on fun run day.



Organised by

ACHILLES AMATEUR ATHLETICS ASSOCIATION



POWERADE



10KM & 5KM ENTRY FORM

SURNAME:

FIRST NAME:

CELL:

E-MAIL:

SEX: M F COMPANY SCHOOL

CLUB: LICENCE NO:

DATE OF BIRTH: YY/MM/DD:

ID NO:

AGE: (on day of race)

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. Licenced athletes over 65 pay half price for the 10km event only.

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Signature of competitor:

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Signature of parent: (if under 18)

Do you require a temporary number? Y / N

	STARTING TIME	ENTRY FEE
10km	6:30am	R50
5km	8:00am	R30

PLEASE TICK: 5km 10km

Entry fee: R
Temporary licence: (R30 only for 10km)
TOTAL: R