

## PRIZE MONEY

25KM	MEN	WOMEN
1 <sup>st</sup> Open	R350	R350
2 <sup>nd</sup> Open	R250	R250
3 <sup>rd</sup> Open	R150	R150
1 <sup>st</sup> Athlete 40-49	R100	R100
2 <sup>nd</sup> Athlete 40-49	R70	R70
3 <sup>rd</sup> Athlete 40-49	R50	R50
1 <sup>st</sup> Athlete 50-59	R100	R100
2 <sup>nd</sup> Athlete 50-59	R70	R70
3 <sup>rd</sup> Athlete 50-59	R50	R50
1 <sup>st</sup> Athlete 60+	R100	R100
2 <sup>nd</sup> Athlete 60+	R70	R70
3 <sup>rd</sup> Athlete 60+	R50	R50
1 <sup>st</sup> Athlete 70+	R70	R70

10KM	MEN	WOMEN
1 <sup>st</sup> Open	R200	R200
2 <sup>nd</sup> Open	R150	R150
3 <sup>rd</sup> Open	R80	R80
1 <sup>st</sup> Athlete 40-49	R100	R100
2 <sup>nd</sup> Athlete 40-49	R70	R70
3 <sup>rd</sup> Athlete 40-49	R50	R50
1 <sup>st</sup> Athlete 50-59	R100	R100
2 <sup>nd</sup> Athlete 50-59	R70	R70
3 <sup>rd</sup> Athlete 50-59	R50	R50
1 <sup>st</sup> Athlete 60+	R100	R100
2 <sup>nd</sup> Athlete 60+	R70	R70
3 <sup>rd</sup> Athlete 60+	R50	R50
1 <sup>st</sup> Athlete 70+	R70	R70

### MEDAL BREAKDOWN

Special handmade medals

400 for 25km, 500 for 10km, 1000 for 5km

NB: TO QUALIFY FOR YOUR PRIZES YOU MUST BE PRESENT

Saturday 9 April CASTLE LAGER BEER GARDEN  
& FOOD will be on sale  
courtesy of Round Table Zwartkops 195

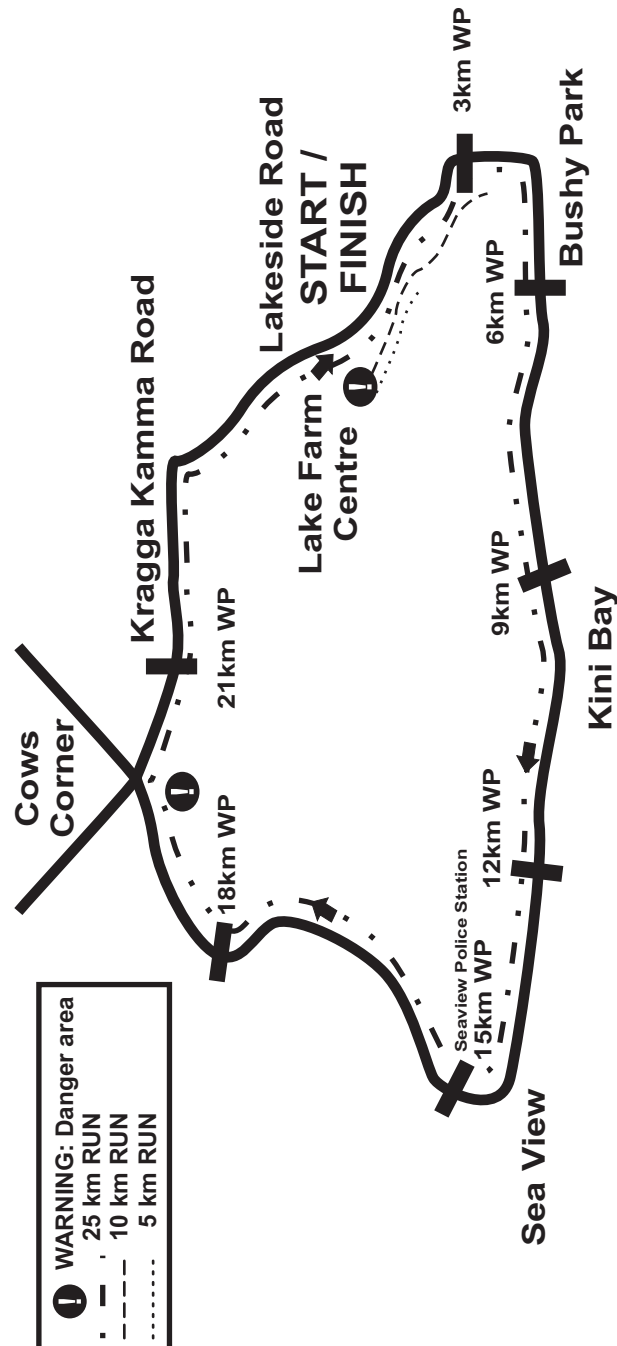
Support this project as all proceeds go to  
Lake Farm Centre



AMB HOLDINGS LIMITED



## LAKE FARM CHARITY RUN - 9 April 2011



**1** WARNING: Danger area  
 - - - 25 km RUN  
 - - - 10 km RUN  
 - - - 5 km RUN

# LAKE FARM

## 16th Charity Run



5km WALK  
10km WALK/RUN  
25km RUN

**Saturday  
9/04/2011**

Race held in accordance with  
rules of ASA and EPA



## RULES 25km RUN

**SATURDAY 9 April 2011 AT  
LAKE FARM CENTRE**

**STARTING TIME: 7:00am  
CUT-OFF TIME: 10.00am**

Entrants must be 18 years old on the day of the race to participate in 25km event.

### Pre-Race:

1. Late entries and registration on the morning of race.
2. Entries at R45 can be handed in at Action Sports, Brian Bands, Sportsmans Warehouse, The Footballer and Brocketts Sports (Uitenhage) until 5pm on Wednesday, 6 April 2011.  
  
No entries whatsoever will be accepted at these stores after this time.
3. Postal entries must reach us before 4 April 2011 at P. O. Box 1618, Port Elizabeth, 6000.
4. No postal orders, cheques to be made out to Achilles Amateur Athletics Association.
5. Pre-entries collect on morning of race.
6. Temporary licence required at R25.
7. Official club colours to be worn.
8. Licence No. to be worn on front and back of vest.
9. Seconding will be provided i.e. water and coke every 3km.
10. After the race a cash bar and food will be available.
11. Prize-giving at 10:30am.

**Contact: GRAHAM CHANNON on 078 184 9723**

Organised by  
**ACHILLES AMATEUR ATHLETICS ASSOCIATION**



## RULES 5 & 10km WALK/RUN

**SATURDAY 9 April 2011 AT  
LAKE FARM CENTRE**

**STARTING TIME: 7:15am for 10km  
& 8:30 for 5km  
CUT-OFF TIME: 10:00am**

1. Entries at R20 for the 5km and R30 for the 10km can be handed in at Action Sports, Brian Bands, The Footballer, Brocketts Sports (Uitenhage) & Sportsmans Warehouse until 5pm on Wednesday, 6 April 2011.  
  
No entries whatsoever will be accepted at these stores after this time.
2. Entries on morning of race.
3. Postal entries must reach us before 4 April 2011 at PO Box 1618, Port Elizabeth, 6000.
4. No postal orders. Cheques to be made out to Achilles Amateur Athletics Association..
5. Minimum age for 5km is 9 years old on the race day.
6. Minimum age for 10km is 15 years old on the race day.
7. Temporary licence required at R25 for 10km only.
8. Judges' decision on prizes will be final.
9. First prizes in all other categories other than the open category.
10. No prize money for 5km Walk, but you do qualify for Lucky Draws.
11. Pre-entries collect on morning of race.
12. Water will be available on the route.
13. Prize giving at 10:30am.



## ENTRY FORM

SURNAME: \_\_\_\_\_  
 FIRST NAME: \_\_\_\_\_  
 \*CELL NUMBER: \_\_\_\_\_  
 \*E-MAIL: \_\_\_\_\_  
 CLUB: (In full) \_\_\_\_\_  
 A.S.A LICENCE NUMBER: \_\_\_\_\_  
 SEX:  M  F \_\_\_\_\_  
 PROVINCE: \_\_\_\_\_  
 DATE OF BIRTH: \_\_\_\_\_  
 AGE: (on day of race) \_\_\_\_\_  
 SCHOOL: \_\_\_\_\_  
 I.D. NO.: \_\_\_\_\_  
 \*Cell and e-mail will be used for reminders for other running events on the calendar.

I declare that I am an amateur of a club affiliated to the E.P.A. and that I will abide by the rules of ASA. I participate at my own risk and will not hold the organizers responsible for any loss or injury incurred during the race. **Licensed athletes over 65 pay half price.**

**Banking details: Achilles Amateur Athletics Association**

**FNB: Branch code: 261050 Account no: 53431088781**

**SIGNATURE OF COMPETITOR:** \_\_\_\_\_

**SIGNATURE OF PARENT:** (if under 21) \_\_\_\_\_

DO YOU REQUIRE A TEMPORARY NUMBER? \_\_\_\_\_

	STARTING TIME	ENTRY FEE
25 KM	07:00	R45
10 KM	07:15	R30
5 KM	08:30	R20

### PLEASE TICK

	5KM	10KM	25KM
ENTRY FEE			R
TEMPORARY LICENCE (not needed for 5km)			R 25.00
TOTAL			R