

PRIZE MONEY

25KM	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

10KM	MEN	WOMEN
1 st Open	R200	R200
2 nd Open	R150	R150
3 rd Open	R80	R80
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

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

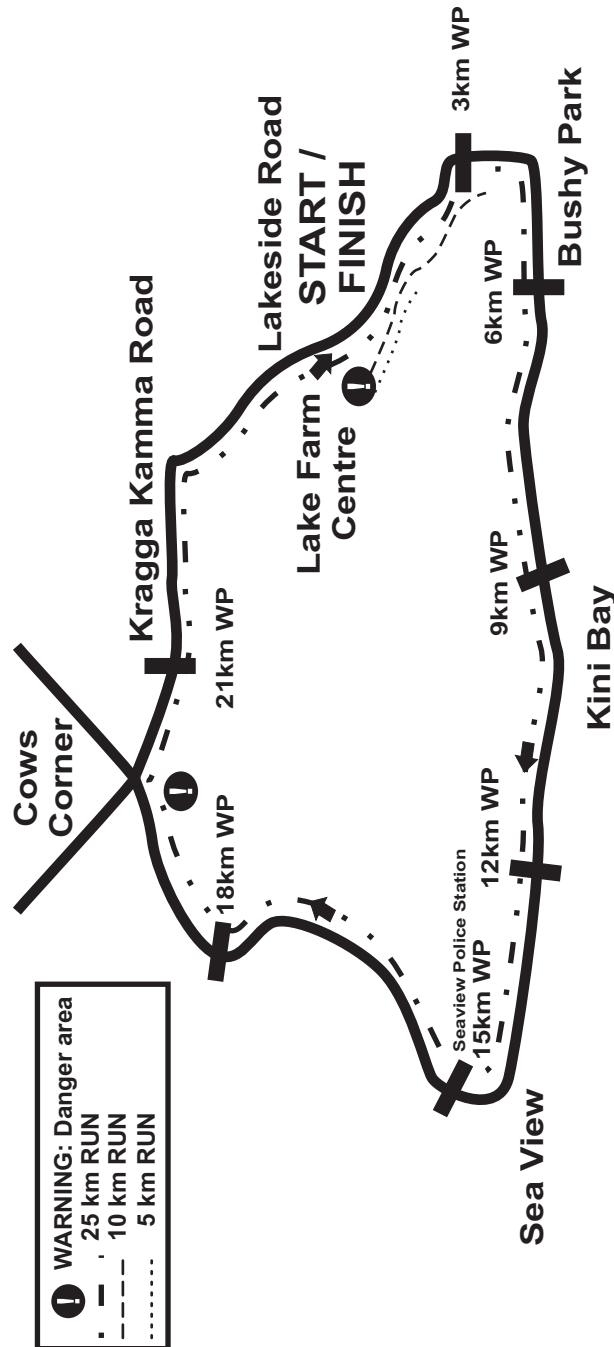
"MUST BE PRESENT FOR LUCKY DRAW PRIZES"

Support this project as all proceeds go to
Lake Farm Centre



DIE BURGER

LAKE FARM CHARITY RUN – 17 MARCH 2012



LAKE FARM

17th Charity Run



5km WALK
10km WALK/RUN
25km RUN

Saturday
17/03/2012

Race held in accordance with
rules of ASA and EPA

NEDBANK 2,5KM "WAG WALK" ENTRY FORM INSIDE.



DIE BURGER

RULES 25km RUN

SATURDAY 17 March 2012 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:

- Late entries and registration on the morning of race.
- Entries at R45 can be handed in at Action Sports, Brian Bands, The Footballer and Brocketts Sports (Uitenhage) until 5pm on Wednesday, 14 March 2012.

No entries whatsoever will be accepted at these stores after this time.
- Cash only accepted on day or in Sport Shops mentioned.
- Pre-entries collect on morning of race.
- Temporary licence required at R25.
- Official club colours to be worn.
- Licence No. to be worn on front and back of vest.
- Seconding will be provided i.e. water and coke every 3km.
- After the race a cash bar and food will be available.
- Age category tags must be worn on the front and back of the vest to qualify for category prizes. (e.g. 35/40).
- Runners using a temporary licence shall produce proof of age on race day to qualify for category prizes.
- The wearing of earphones or headsets is prohibited and will lead to disqualification.
- Prize-giving at 10:30am.

Contact: GRAHAM CHANNON on 078 184 9723

VOLKSWAGEN

GROUP SOUTH AFRICA



NEDBANK

BUSINESS BANKING



RULES 5 & 10km WALK/RUN

SATURDAY 17 March 2012 AT LAKE FARM CENTRE

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

- Entries at R20 for the 5km and R35 for the 10km can be handed in at Action Sports, Brian Bands, The Footballer, Brocketts Sports (Uitenhage) & until 5pm on Wednesday, 14 March 2012.

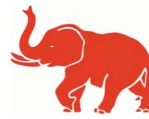
No entries whatsoever will be accepted at these stores after this time.

- Entries on morning of race.
- Cash only accepted on day or in Sport Shops mentioned.
- Minimum age for 5km is 9 years old on the race day.
- Minimum age for 10km is 15 years old on the race day.
- Temporary licence required at R25 for 10km only. Registered Athletes are covered by a personal accident insurance scheme. Details may be obtained from your club/province. Temporary licensed athletes have no cover and these participants are urged to join an affiliated club. Details obtainable from EPA ph 041 374 2818. Runners using a temporary licence shall produce proof of age on race day to qualify for prizes.
- Judges' decision on prizes will be final.
- No prize money for 5km Walk, but you do qualify for Lucky Draws.
- Pre-entries collect on morning of race.
- Water will be available on the route.
- The wearing of earphones or headsets is prohibited and will lead to disqualification.
- Prize giving at 10:30am.



Organised by

ACHILLES AMATEUR ATHLETICS ASSOCIATION



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 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. **Licensed athletes over 65 pay half price.**

SIGNATURE OF COMPETITOR: _____

SIGNATURE OF PARENT: (if under 18) _____

DO YOU REQUIRE A TEMPORARY NUMBER?

	STARTING TIME	ENTRY FEE
25 KM	07:00	R45
10 KM	07:15	R35
5 KM	08:30	R20

PLEASE TICK

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