KHULASANDE 10KM CHARITY RUN

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Khulasande Sports Development
Grow and Prosper!

SATURDAY 16 JULY 2022

1ST 50 ENTRANTS IN THE 10KM
WILL RECEIVE A FREE T-SHIRT

LINKSIDE HIGH SCHOOL

10KM STARTS AT 07H00

COVID-19 RESTRICTIONS APPLY

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Tick the appropriate box: 10km (07h00) ☐ 5km (07h15) ☐ 1km (09h00) ☐

Licence No.: _____ **Temporary No.:** _____

Club in Full: _____
(or school if scholar)

Surname: _____

Name(s): _____

Date of Birth: _____ **Gender:** _____ **Age:** _____

ID No.: _____

Cell No.: _____

Email: _____

INDEMNITY / WAIVER

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 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;

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.

ENTRY FEES

10KM	R100.00	R.....
10KM (65+ Athletes)	R50.00	R.....
TEMPORARY LICENSE (10KM ONLY)	R40.00	R.....
5KM (Donation)	R80.00	R.....
1KM	R20.00	R.....
TOTAL		R.....

Signature: ..... **(Parent or Guardian if minor)**

General Rules and Race Information – 16 July 2022

1. Race will start at 07h00 (10km).
2. The start is at Linkside High School (Wychwood Ave, Mill Park) sports field at the track.
3. Organised in accordance with the rules and regulations of ASA and EPA. All athletes indemnify the National, Provincial and Regional bodies, sponsors and organizers against all and any actions of whatsoever nature.
4. Athletes must run in official club colours with the Official race number on the front of the vest and 2022 license number on the front and back of the vest.
5. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license to be worn on the back of the vest or plain coloured T-shirt, with the official race number on the front of the vest/T-shirt.
6. Age category tags must be worn on the front and back of the vest if you want to qualify for category prizes. Athletes may be requested to provide proof of age on race day.
7. Athletes must be at least 14 years or older for the 10km.
8. Athletes must be at least 9 years or older for the 5km.
9. Athletes must be 8 years and younger for the 1km.
10. Registered athletes are covered by a group personal insurance scheme, Temporary licensed athletes have no cover and are urged to join an affiliated club.
11. The race committee reserves the right to accept or reject any entry.
12. Prize giving subject to COVID-19 regulations.
13. Entries may be handed in at Brian Bands. The closing date for pre-entries will be 13 July 2022. Online entries are available on www.webtickets.co.za.
14. Collection of race numbers (pre-entries) and late entries will be accepted from 16h00 – 19h00 on Friday 15 July 2022 at Linkside High School. No entries will be accepted on race day, collection only. Entry fees are non-refundable.
15. No seconding rule will apply for the 10km.
16. All traffic Officials and marshals must be obeyed.
17. The cut off time for the 10km is 100minutes
18. There will be sufficient refreshment stations on the route and one refreshment station on the 5km route. Refuse bins will be provided along the route. Please discard used water sachets into or near to these bins. Littering may lead to disqualification.
19. Full results will be available on www.epathletics.co.za.
20. The wearing of earphones or headsets is not permitted due to safety reasons and will lead to disqualification.
21. For further information, contact Thobela on 073 333 2728 or Siphokazi on 064 924 9665.
22. Medals for all finishers within the cut-off.
23. All prize monies will be paid via EFT.
24. COVID-19 restrictions apply.

Prize Money for 10km Men & Women (Payments via EFT).

No Cash on Raceday

	Open	Junior	35-39	40-49	50-59	60-69	70-79
1st Prize	R500	R300	R300	R300	R300	R300	R300
2nd Prize	R300	R200	R200	R200	R200	R200	R200
3rd Prize	R200	R150	R150	R150	R150	R150	R150

5km & 1km Toddlers Run

1st, 2nd, and 3rd Prize Hampers for Female & Male Winners

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Tinarha Athletics Club

nelson mandela bay Municipality

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