

ENTRY FORM: (PLEASE PRINT)			
Surname:			
First Name:			
ID Number:			
Club:			
Licence Number:		Province:	
SA Permanent Resident:	Y: <input type="checkbox"/>	N:	<input type="checkbox"/>
Gender:	M: <input type="checkbox"/>	F:	<input type="checkbox"/>
Race Entered:	16km: <input type="checkbox"/>	5km:	<input type="checkbox"/>
Postal Address:			
Town/City:		Postal Code:	
Tel (Work):		Tel(Home):	
Cell Number:			
Email Address:			
Date of Birth:		Age on Race Day:	
Age Category:	Open <input type="checkbox"/>	35-39 <input type="checkbox"/>	40-49 <input type="checkbox"/>
	50-59 <input type="checkbox"/>	60+ <input type="checkbox"/>	

Entry Fee	16km (incl R10.00 conservation fee)	R 70.00
TOTAL PAID	R _____	Temporary licence R 20.00 5km R 15.00

INDEMNITY: I acknowledge that payment not honoured by my bank will render me liable for any costs incurred, as well as disqualify me from the results. I am medically fit to run and fully understand that I enter at my own risk. I hereby indemnify the organizers against any claim which may result from my participation.

Athlete's signature

Date

For Internet payment:

Mtunzini Athletics Club
First National Bank, Empangeni
Account No: 62098106125
Branch Code: 220130

RULES

1. Race is run according to the rules of the IAAF, ASA and KZNA.
2. Minimum age on race day is 16 years for 16km distance and 9 years for the 5km event.
3. All participants under 18 years of age must have parental consent to participate in this event.
4. 2011 Licence numbers must be displayed on the front and back of vest/crop top.
5. Walkers must display WALKER tags on the front and back of vest/crop top.
6. Age category identification tags must be displayed on the front and back of vest/crop top in order to qualify for prizes.
7. Runners / Walkers using temporary licences can win category prizes if age category tags are worn.
8. Category winners may be required to produce proof of age.
9. Foreign athletes must abide by IAAF rule 4.2 and 142.
10. No personal seconding allowed.
11. Cut off time: 3½ hours.
12. Medals will be awarded to first 2001 finishers.
13. Prize-giving will be at 10h45.
14. Registration will take place at the Mtunzini Town Hall from 14h00-17h00 on the 6th August and from 05h30 on race day.
15. Licenced athletes to wear club colours.
16. Marshals and traffic officials must be obeyed.

The organising club and sponsors will not be held responsible for any loss or injury occurring during or as a result of the race, or for any loss of property or damage on the course or in the changing area.

All entrants must be medically fit and take part entirely at their own risk.

Paul Mannix
Cell: 082 571 6559 Tel: 035 772 1164
Email: paulm@ritchieauto.co.za

CONTACT:

Manie Kotze
Cell: 082 321 4421 Tel: 035 340 1347
Email: manie@dakot.co.za

For accommodation: see www.mtunzini.co.za