

VRYHEID ATHLETIC CLUB GAME PARK 15KM RUN/WALK & 5km FUN RUN 17 JULY 2010

TIME: WALKERS 13h30/RUNNERS 14h00

START/FINISH: PIONIER HIGH SCHOOL,
LANDDROS STREET, VRYHEID

ENTRY FEE: R50 ENTRY RUN/WALK
R10 FUN RUN
R25 TEMPORARY LICENSE

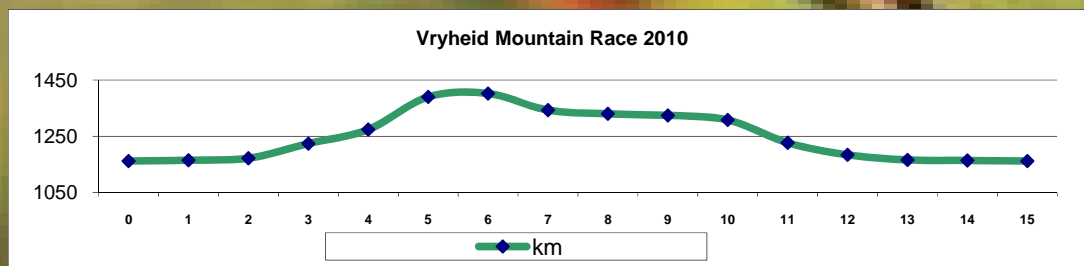
GOLD MEDALS TO ALL CATEGORY WINNERS!

BRONZE MEDALS TO ALL FINISHERS!

LOTS OF LUCKY DIP PRIZES!

NEW MEDALS!

NEW ROUTE!



PRIZES:		
Male & Female	Run	Walk
1 st	R500	R300
2 nd	R250	R200
3 rd	R100	R100
35 – 39	R100	-
40 – 49	R100	-
50 – 59	R100	-
60+	R100	-
Junior	R100	-
Team (4members)	R400	-

GENERAL INFORMATION:

- *There will be four refreshment tables along the route.
- *No seconding allowed on route.
- *Cut off and prize giving time for 11:00 AM

ENTRIES:

www.enteronline.co.za

www.vryheidathleticsclub.co.za



Conservation, Partnerships & Ecotourism



The Rules:

- *The race is subject to the rules of the IAAF, ASA and KZNA.
- *Age category, 2010 licenses and walker tags MUST be worn on front and back of vests!
- *All entrants must be medically fit and understand that participation is at their own risk and that the organisers cannot be held responsible for any illness or injury incurred as a result of the race, or any property damaged or lost.
- *Any person not licensed may purchase a temporary license with their entry.
- *Age category identification must be worn to qualify for gold medals.
- *Foreign athletes must comply with IAAF rule 4.2 and 142.
- *Age limit for the race is 15 years or older on the race day.

ENTRY FORM: (PLEASE PRINT)	
Surname:	Name:
ID Number:	Sex: Male () Female: ()
Age Group: 16-19 () 20-34 () 35-39 () 40-49 () 50-59 () 60+ ()	
Club:	Licence No. (2010):
Postal Address:	
Town/City:	Postal Code:
Province:	
Cell:	Tel Work:
Email:	
Race entered: 15km run () 15km walk () 5km fun run ()	

INDEMNITY: I declare that I am an amateur runner and that I shall participate at my own risk, and that I indemnify the sponsors, organisers and officials of this race against any claim, which may result from my participation.

Signature of Runner

Date