

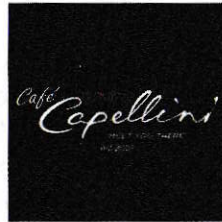
CATEGORY PRIZES

		OPEN	35-39	40-49	50-59	60-69	70+	JUNIORS
1 ST	Male/ Female	R800	R300	R300	R300	R300	R300	R300
2 ND	Male/ Female	R400	R200	R200	R200	R200	R200	R200
3 RD	Male/ Female	R200	R100	R100	R100	R100	R100	R100

5KM

Hampers (1st Male & Female)

SPONSORS



Red Feather CHARITY RUN



Making a Difference



10km Road Race & 5km Fun Run

4 MAY 2024

Organized by: Run4Christ Athletics Club/Community Chest

Enquiries Attie 083 520 6584
Niekie 082 561 8747
Gavin 071 622 1409

Venue: Sunridge Village; Kragga Kamma Ave; Sunridge Park

Starting Times: 10km 07:00
5km 07:15



ENTRY FORM

PLEASE TICK THE APPROPRIATE BLOCK:

5KM 10 KM

LICENCE NUMBER: _____ CLUB NAME IN FULL: _____

SURNAME: _____

FIRST NAME: _____

IDENTITY NUMBER: _____

DATE OF BIRTH: _____ Age: _____ Gender: M F

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT NUMBER: _____

EMAIL: _____

ENTRY FEE

10KM	R100-00	R
5KM	R50-00	R
LICENCE ATHLETE 60 + & JNRS	R50-00	R
TEMPORARY LICENCE 10KM ONLY	R50-00	R
TOTAL		R



INDEMNITY/WAIVER

By entering this event, I undertake to be bound by the rules and regulations of the event including those of WA & 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 the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or cost relating to any injury, loss or damage of whatever nature, however caused, arising directly from the 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; The organization agree that all personal information requested on the form is for the use of the event only and will not be distributed to any third party.

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 the proper physical condition to participate in such activity and I enter into this indemnity/waiver on behalf of the minor.

..... SIGNATURE PARENT/GUARDIAN (if under 18)

SIGNATURE _____

GENERAL INFORMATION

1. Start/Finish on premises of Sunridge Village, Canna Avenue, Sunridge Park.
33.951260.25.5276.
2. Starting times: **10km – 07h00/5km - 07h15**
3. Race entry forms may be collected/ handed in at Brian Bands (Cape Road), UD Sports. Closing date for all pre-entries on Wednesday 01 May 2024 @ 16:30
4. Proof of payment may be required in the case of any discrepancy with pre-entries.
5. **Collection of race numbers (pre-entries) and late entries will be accepted from 16h00 until 19h00 on Friday 03 May 2024 at Sunridge Village Foyer and the morning of the race from 05h00 till 07h00 at the Sunridge Village Foyer. All entries non- refundable.**
6. Cut of time: 100 minutes (08:40).
7. Lucky draw **prizes available** at prizegiving.
8. The minimum age for 10km is 14yrs on race day.
9. All runners run on the righthand side of the road, facing traffic.
10. All traffic officers & marshals shall be obeyed at all times.
11. Parking available at Sunridge Village Parking Area.
12. Athletes must run in official club colours with 2024 licence numbers on the front and back of the vest.
13. Unlicensed athletes in the 10km must purchase a temporary licence to be worn on the front of vest or a plain T-shirt.
14. Temporary licensed runners are not covered by ASA Insurance Scheme. Completion of the tear-off strip is compulsory. Temporary licenced runners are urged to join an affiliated club. Contact EPA for more information.041-374 2818
15. Race held under rules of ASA and EPA. Athletes indemnify the provincial & Regional Bodies, sponsors, or Organisers against all & any action of whatsoever nature, arising out of their participation in the race.
16. Age category tags must be worn on front and back of your vest to be eligible for category prizes on race day and must be clearly visible.
17. There will be three refreshments stations on the 10 km route. Refuse bins will be provided up to 500m after the refreshment stations along the route. Please discard litter into these bins and not beyond the designated point. **Intentional littering may lead to disqualification.**
18. The no seconding rule will apply.
19. The wearing of earphones & headsets is not permitted due to safety reasons and will lead to disqualification.
20. Race Organisers reserve the right to accept or reject any entry.
21. Gatherings are allowed before and after the race event. Gazebos allowed in parking area opposite Capelini's

web tickets
your tickets your way

Online Entries at WEBTICKETS.CO.ZA (Closing Tuesday Evening 30 April 2024)