

ENTRY FORM

Can be faxed through to 044 343 1466 with proof of payment: Banking Details as follows: **SEDGEFIELD STRIDERS, ABSA BANK ACC NO 907 5103 723** or posted with cheque to **PO Box 713 Sedgefield 6573**. Alternatively you can enter electronically at www.enteronline.co.za

SURNAME

FIRST NAMES **ID No.**.....

EMAIL ADDRESS **Age on 13 March 2010**.....

CATEGORY: JUNIOR / OPEN / 40-49 / 50-59 / 60+ .

2010 License No......

T Shirt Size S / M / L / XL

MALE / FEMALE (M or F) **30km R 40.00**

30km / 10km **10km R 25.00**

WALKER **TEMP. LICENSE R 20.00**

RUNNER **TOTAL R.....**

POSTAL ADDRESS

..... **TEL. NO.**

CELL. NO. **CLUB**.....

PROVINCE.....

DECLARATION

I,, declare that I am an amateur, and fully understand the conditions of entry and agree to abide by the rules of the organisers. I irrevocably value and abandon all claims and/or demands and/or rights of whatever nature and type I may/might have against the organisers, sponsors or controlling bodies however arising by my participating in this race.

SIGNATURE..... **DATE**.....

PARENT/GUARDIAN IF UNDER 18.....

PLEASE NOTE NEW TIMES!
30km run/walk starts 7am
10km run/walk starts 8.30am
3km fun run starts 9am

RULES AND GENERAL INFORMATION

1. Held under the rules of ASA and ASWD
2. The Sedgefield Tortoise Tuff Walk / Run will be held on Saturday 13 March 2010.
3. The event will start at the Sedgefield Primary School and follow a course around the village of Sedgefield.
4. The event consists of a 10 km run/walk AND a 30km run/walk. The Elite Race Walk which forms the 10km leg of the ASWD Road Walk Championships will be part of the 10km event.
5. Temporary numbers must be purchased at registration by non licensed athletes and worn on the front of the running vest. (Temporary licences - R20.00).
6. Licenced athletes must wear license numbers and club colours.
7. 30km event starts at 7am, the 10km at 8.30 and the fun run 9.00 from the school. There is a 4 hour cut off time for the 30km event.
8. The route will be marked every kilometre and marshals will be attending throughout.
9. In the interests of their own safety, all entrants must walk / run facing the traffic at all times unless otherwise directed by a marshal or traffic officer. They must keep to the designated route and obey orders from marshals and all other officials.
10. Personal seconding will only be allowed within 100m of refreshment tables.
11. Safety: No animals, racers (push-cart / buggy) or earphones allowed.
12. Refreshments will be served from stations positioned every 3kms on the route, and water and coke will be available. First aid will be available on the route and a private doctor will be on stand-by at the finish.
13. Prize giving is at 11h30.
14. Entrants can check in and register on Friday 12/03/09 at Tiffany's Tavern, Sedgefield from 14h00 - 19h00 or at Sedgefield Primary School from 06h00 on Saturday 13/03/09.
15. Cheques, made out to **Sedgefield Striders** - may be sent to Box 713, Sedgefield, 6573. Alternatively enter online at www.enteronline.co.za
16. Foreigners: All foreign athletes must comply with IAAF rule 142 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day.
17. Proof of Age: Athletes must give proof of their age at the request of the Race Referee. (Original ID / Birth Certificate / Permanent Residence Permit)
18. Minimum Age: 9yrs for Fun Run; 15yrs for 10km and 19yrs for 30km

For further info contact: Nic 0824105957 or Dave 084 312 4927.

For accommodation please contact Sedgefield branch of Knysna Tourism (044) 343 2658

Organised by



PRIZES

- 30km Runners & Walkers:** 1st, 2nd & 3rd Male & Female
 1st Vet Male & Female; 1st Master Male & Female
 1st Grandmaster Male & Female
- 10km Runners & Walkers:** 1st, 2nd & 3rd Male & Female
 1st Junior Male & Female; 1st Vet Male & Female
 1st Master Male & Female; 1st Grandmaster Male & Female

Tortoise Tough T- Shirts to first 50 pre- entries received for 30km event. Medals for all finishers of all events! Goody bags and loads of fantastic lucky dips! Cash Prizes for winners.

