



Heather Park 10km and 5km

Presented by Nedbank Running Club George
www.nedbankrunningclub.co.za

Date: 9 October 2010

Time: 07:00

Venue: Heather Park Superspar,
George



HEATHER PARK
SUPERSPAR



Race enquiries: 0828334258; 0833767414 or 0766004395

Inskrywingsvorm / Entry Form

Heather Park 10km and 5km

Geslag / Sex	M	V/F	Wedloop/race	10km	5km		Draf/Run	Stap/walk
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Minimum age 15 jr 9 jr

Athletes must give proof of their age at the request of the race referee. (ID / Birth Certificate / Permanent Residence Permit)

Voornaam First Name		Van Surname	
ID / BC / PR NR		Telefoon nommer Telephone number	
Geboorte Datum D.O.B		E-Pos adres E-Mail address	
Ouderdom Op Wedloopdag Age on race day		Klub Club	
Adres Address			

2010 Lisensie Nr 2010 License No.		Provinsie Province	
Ouderdom Kategorie Age Category	Junior 16-19	Open	Veteran 40-49
			Master 50-59
			Grand Master 60+

License numbers must be displayed front and back of vest. Category tags must be displayed to qualify for prizes

Benodig Tydelike Lisensie Need Temporary License	Ja Yes	Nee No	R20.00
Inskrywingsgeld Entry Fee	10km Entry fee		R25.00
	5km Entry fee		R10.00
	Totaal / Total		

No temporary license needed for 5km. Geen tydelike lisensie word benodig vir 5km.

Tjeks / Cheques: Nedbank Running Club George, P.O. Box 4761, George-East, 6530
 Internet inskrywings / entry: www.entrytime.com
 Closing date for internet entries is Wednesday 29 September 2010
 Postal entries must arrive by Friday 1 October 2010.
 Late entries accepted before the race 05:45 – 06:50 at Heather Park Superspar, George.

Medals:

10km: Category Winners Gold, next 50 Silver, next 200 Bronze
5km: First 150 Bronze

Distance markers will be placed every km. Water stations every 3km and Powerade available at the finished.
 Ablution available at Heather Park Superspar, George. First-aid available.

The start and the finish of 10km and 5km will be at Heather Park Superspar, George. The 10km will start at 07:00 and the 5km start at 07:10.

Cut-off for the 10km is 08:45 (1hour 45 minutes) and for the 5km is 08:10 (1 hour).

The route is undulating and is run on tar road through the suburbs of Heather Park and Rooirivierriif, George.

Prize Giving will be at 09:15 at Heather Park Superspar, George.

No seconding from cyclists or private vehicles will be allowed on the route. No seconding will be allowed except for 100m on either side of a refreshment station.

Age group category tags and walker tags must be worn visibly on the front and back to qualify for age category or walker prizes. Athletes with temporary licenses and the correct category tags will qualify for age group prizes.

Athletes must participate in their correct club colours and display the ASA 2010 license numbers on the front and back of the vest, or temporary numbers on the front of the vest. No advertising allowed.

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.

Athletes must stay on the right hand side of the road at all times, unless instructed by marshals and traffic officers.

No animals or racers (push-cart / buggy) allowed or earphones allowed.

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Prizes 10km:

All prizes will be awarded to men and women as separate categories, with identical prizes for men and women.

OPEN 1 st	R500
OPEN 2 nd	R200
OPEN 3 rd	R100
Junior 1st	R150
Junior 2nd	R100
Veteran (40-49) 1st	R150
Veteran (40-49) 2nd	R100
Master (50-59) 1st	R150
Master (50-59) 2nd	R100
Grand Master (60-69) 1st	R150
Grand Master (60-69) 2nd	R100
G Grand Master (70+) 1st	R100
Walker 1st	R150
Walker 2nd	R100
Nedbank RC SWD 1st	R150
Nedbank RC SWD 2nd	R100

First man and lady in the 5km fun run will receive a gift voucher.

Lots of lucky draws.

Held under the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The race referee's decision is final. The race organiser reserve the right to accept / reject any entry received.

Ek verklaar dat ek 'n amateur is en dat ek deelneem op my eie risiko en vrywaar die organiseerders en borge van hierdie wedloop van enige eis wat mag voortspruit uit my deelname.

I declare that I am an amateur and that I shall participate at my own risk and that I exempt the organizers and sponsors of this race from any claim which may result from participation.

Hantekening van deelnemer / Signature of participant

Ouer/voog indien onder 18 jaar / Parent/guardian if under 18 years