

**POSTMASBURG ATHLETICS CLUB AND YSTERFEES  
FAMILY FUN - FARE RUN (SPONSORED BY JIMBOS)  
27 October 2018**

Venue : Postmasburg School Sports Ground  
 Registration time : 06:30 – 07:30.  
 Start time : From 08:00  
 Prizes : 1st 5 Men and Women only for 10km  
 Entries :

10km R90 (Free entry to Ysterfees)	5km fun run R30 (No entry Ysterfees)	1,8km run Free (No entry Ysterfees)
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Temporary License: R40.00

Minimum age:

1,8km: 6 - 9Yrs	5km: No age limit	10km: 14Yrs
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Senior category:

Senior
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Prizes for First 5 male and female

Age categories:

35-39	40-49	50-59	60-69	70+
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Category prizes for 1st 3 Male & Female

Cut off time for 10km : 09:30

Prize Giving : 09:45

PERSONAL INFORMATION																			
ID Number													Date of Birth						
Surname									Age :	Male		Female							
First Names									Country of Residence										
If not SA Citizen, do you have a Permanent Permit?									Y	N	Permanent Resident No.								
Postal Address												Tel Home:							
												Tel Work:							
Province												Cell phone:							

MEDICAL INFORMATION																		
Do you have any Allergies?								Y	N	Please Specify:								
Special Medical Conditions/Medication								Y	N	Please Specify:								
Medical Aid?	Y	N	Name								Medical Aid No							
Emergency Contact Person														Contact Number				

CLUB DETAILS																	
Athletic Club													ASA Province				
2018 License Number													Temporary License Number				

PLEASE TURN OVER FOR INDEMNITY / WAIVER

ALL AGE CATEGORY TAGS MUST BE VISIBLE ON THE FRONT AND BACK.  
LICENCES ON THE FRONT & BACK MUST BE VISIBLE.  
TEMPORARY LICENCE ON THE FRONT MUST BE VISIBLE.

**WAIVER, INDEMNITY AND CONSENT**

*Release and Waiver: I warrant that I am in good health, physical fit and sufficiently trained to participate in this race. I agree to comply with the rules, conditions and regulations for this event i.e. ASA, IAAF & AGW. I discharge the organisers of the POSTMASBURG ATHLETICIS CLUB, POSTMASBURG YSTERFEES, all sponsors, volunteer groups and medical personnel and any of the local authorities ASA, IAAF& AGW. By entering the POSTMASBURG ATHLETICS CLUB AND YSTERFEES RACE, I confirm to adhere and abide by rules and regulation as set out by ASA, IAAF, & AGW. The Race Organisers under the auspices of AGW will not tolerate any cheating in any form as anyone found will be disqualified. No runner will be allowed to wear any device that will impair his /her hearing: IPod, cell phone with ear piece etc.*

*If an athlete is underage, his/her guardian must also sign the entry form.*

**2018 LITTERING RULES & REGULATIONS AT ROAD RACES (Rules 28.4.1 – 28.6 applies)**

**R 28.4.1 Unintentional littering is when a runner intends to throw waste into a box/trough/bin but misses.**

**R 28.4.2 Intentional littering is when a runner discards waste when there is no box/trough/bin in their vicinity.**

**Athletes are requested to throw their plastic sachets in the boxes provided at water points or run with it until the next water point.**

ATHLETE SIGNATURE:

DATE:

RACE REGISTRATION OFFICIAL:

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

**Name of Participant (Parent or Guardian in case of a minor):**

NAME

CONTACT NUMBER

SIGNATURE

DATE

Proudly brought to you by:

