

# Trevor Klose 10 km Race



## Out and Back from ELAC Club House, French Street, Cambridge Sunday, 7 July 2019 at 06:30

### RULES OF THE RACE

1. All runners must wear their 2019 license numbers on the **front and back** of their vests. Age category **flashes** must be worn **front and back** to qualify for prize money.
2. All race officials must be obeyed.
3. All entrants must be 15 years of age or older.
4. No ear phones or head phones to be worn. Please adhere to this or you could be disqualified.

### ENTRIES

1. Entries at Sportsmans Warehouse, Beacon Retail Park up to 12.00 on Saturday, 6 July 2019.
2. Entries – at ELAC Club House on the Saturday night before the race between 17.30 and 19.00 or at the start on 8 July between 05:30 and 06:30. No extra charge.
3. Cost –10km race – R70.00.
4. TEMPORARY LICENCES – at Sportsmans Warehouse and at ELAC club house on Saturday evening and on the morning of the race as stated above at R20.00 per temporary license.

### GENERAL INFORMATION

1. Medals to the first 300 finishers.
2. Three refreshment stations will be provided.
3. Enquiries - please contact Graham Reynolds on 082 448 0727 or [graham@isat.co.za](mailto:graham@isat.co.za)

RUNNERS Male and Female			
Category	1st	2nd	3rd
Open	R200	R150	R100
Juniors, 35+, 40+ and 50+	R150	R100	R75
60+	R100	R75	

IF CATEGORY WINNERS CANNOT BE AT THE PRIZE GIVING THEY MUST MAKE ARRANGEMENTS TO COLLECT THEIR PRIZES.

*Except for the Open category, prizes may only be won in the age category as completed on the entry form.*

### 10 KM RACE ENTRY FORM

SURNAME : ..... FIRST NAME .....

GENDER : Female ..... Male ..... CATEGORY RUNNERS: Open / Junior / 35+ / 40+ / 50+ / 60 +

CLUB: ..... DATE OF BIRTH: .....

ID NUMBER: ..... 2019 LICENCE NUMBER.....

AGE ON RACE DAY: ..... TEMP. LICENCE NO: ..... ENTRY FEE: R70.00 TEMPORARY LICENCE: R20.00

SIGNATURE: .....

Personal details must be completed on the sticker in the plastic bag, before the race, to be eligible for a result and / or prize. You will be requested to hand in the completed sticker at the finish and there will be no time to complete it then. Please ensure that your license number is visible at all times during the race and that the license is pinned to the front and back of your vest/shirt. The temporary one is to be pinned on the front of the vest/shirt. Please adhere to this to avoid disqualification. Thank you.

Participation in this event is at my own risk without any recourse to the organizers. Signature of parent or guardian required if under the age of 21. Run in accordance with the rules of ASA and BA.