



# xerox LIGHTNING FAST 10 km

**SUNDAY  
12 NOVEMBER 2017  
RACE STARTS 7am**

**START - Voortrekker Rd, Wilsonia  
(Johnson & Johnson)**

**FINISH - Oxford Striders Beach Rd Nahoon**

**T-SHIRTS ON RETURN OF SHOE CHIP  
AT THE FINISH OF THE RACE FOR THE  
FIRST 500 ENTRIES RECEIVED**

**SHOE TIMING CHIPS WILL BE ISSUED  
WHEN ENTERING THE RACE  
THESE CHIPS MUST BE RETURNED  
TO OXFORD STRIDERS**

**PLEASE WEAR YOUR TAG ON A RUNNING SHOE  
NO SHOE TAG - NO RESULT  
ATHLETES WILL BE REQUIRED TO PAY A R100 REPLACEMENT FEE  
IN RESPECT OF TIMING CHIPS NOT RETURNED**

**ENTRIES FOR THE RACE WILL BE TAKEN  
AT OXFORD STRIDERS Beach Rd Nahoon**

- Saturday 4 November 09h00 -13h00
- Thursday 9 November 17h00 -19h00
- Friday 10 November 17h00 -19h00
- Saturday 11 November 9h00-13h00

**EMAILED ENTRIES CLOSE FRIDAY 3 November 2017 at 17H00**

**EMAIL: [striders@sainet.co.za](mailto:striders@sainet.co.za)  
OXFORD STRIDERS BANKING DETAILS  
Account Name: Oxford Striders / Bank: Nedbank / Branch: East London  
Account Number: 1210 346605 / Branch Code: 121021**

**Although no entries will be taken Entry Forms will be  
available at Sportsmans Warehouse and Total Sports**

**ENTRY FEE  
R85**

**TEMP NUMBERS - R20  
REQUIRED IF NOT  
A LICENSED MEMBER  
OF A RUNNING CLUB**

**NO LATE ENTRIES  
WILL BE TAKEN ON  
THE MORNING OF  
THE RACE**

**RACE ENQUIRIES - DILLON - 073 799 6075 | RUSSELL - 084 566 4637  
Email: [striders@sainet.co.za](mailto:striders@sainet.co.za)**

## PARTICIPANTS DETAILS

SUPPLIED RACE No.		ATHLETIC CLUB	
FIRST NAME		CLUB LICENCE NO.	
SURNAME		TEMP NO.	
DATE OF BIRTH	Y Y Y Y / M M / D D	EMAIL	
GENDER	MALE <input checked="" type="checkbox"/> FEMALE <input checked="" type="checkbox"/>	CELL NUMBER	
CATEGORY	JNR OPEN 35+ 40+ 50+ 60+ 70+	ID NUMBER	
RACE	10km <input checked="" type="checkbox"/>	AGE	

PLEASE INDICATE YOUR PREFERRED T SHIRT SIZE

S	M	L	XL	XXL
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ALLOCATION OF T-SHIRT SIZES ON A FIRST COME FIRST SERVED BASIS

### SPECIAL AGREEMENT INDEMNITY ( PARTICIPATION IN THIS EVENT IS AT YOUR OWN RISK )

*\*The Organisers (Athletics South Africa, Border Athletics, Oxford Striders Athletics Club and any other entity or persons assisting with the organisation of the Xerox Lightning Fast and The Sponsor ( Aloe Office & Business Equipment)*

I agree not to hold The Organisers\* or The Sponsor\* liable for any injury or illness or for damages or loss of property which I may suffer directly or indirectly as a result of my participation in the XEROX Lightning Fast. I confirm that this indemnity is entered into for the benefit of "The Organisers" and "The Sponsor" as defined above. I agree to allow "The Organisers" or "The Sponsor" to use my email address to communicate with me and that any photographs taken may be used for promotional purposes. In the event of my timing chip not being returned I agree to pay the specified replacement fee.

Signature of Entrant  
( If the entrant is under the age of 18 years, the signature of the parent or guardian is also required )

Signature of Parent or Guardian

PRIZE MONEY	10KM		
Prize Category	1st	2nd	3rd
Runners - Men & Women Open	R400	R300	R200
Runners - Men & Women 35+;40+;50+;60+;70+	R150		
Runners - Junior Men & Women	R150		

PRIZE WINNERS ARE REQUESTED TO ACKNOWLEDGE THE SPONSOR BY BEING PRESENT AT PRIZE GIVING

## REGISTRATION INFORMATION

DATES	TIMES	VENUE
Saturday 4 November 2017	09h00 to 13h00	Oxford Striders Clubhouse, Nahoon
Thursday 9 November 2017	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Friday 10 November 2017	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Saturday 11 November 2017	09h00 to 13h00	Oxford Striders Clubhouse, Nahoon

**NO ENTRIES WILL BE TAKEN ON THE MORNING OF THE RACE DUE TO THE ISSUING OF TIMING CHIPS**

ENTRY FEE AND TEMPORARY LICENSE FEE	10KM
Entry fee	R85
Temporary License Fee *	R20
Minimum Age for Participation	14 Years

\* UNLICENSED ATHLETES ARE REQUIRED TO PURCHASE A TEMPORARY LICENSE NUMBER

### RACE INSTRUCTIONS

This event is run under the rules and regulations of Athletics South Africa and Border Athletics. Athletes must wear their Club License No/Temporary No on the front of their running Vest. The second club License must be worn on the back of the vest. License numbers must be visible at all times during the race. Age flashes must be worn on the front left side and on the back of the vest or crop top to qualify for age category prizes. **Littering along the route will result in disqualification. Athletes must use the bins provided at the refreshment points.** Refreshment Stations will be provided at approximately 3km intervals. The Shoe Tag Timing Chip must be affixed to the athletes shoe. Placing it elsewhere may result in your finish time not being recorded. Prize Giving will take place at 09h30 or as soon as possible thereafter. Athletes present at prize giving will be eligible for lucky draw prizes.

### ATHLETE SAFETY

Athletes are responsible for their own safety during the event. The event is run on public roads and athletes must give way to vehicles at all times. If you make use of prescribed medication for the control of medical conditions such as Diabetes, Asthma, Epilepsy or Allergic Reaction etc then you must carry your prescribed medication with you during the event. Medical response personnel will be on duty on the event course and at the finish. Race Marshals and Refreshment Station personnel will assist athletes to communicate with Medical Response if required. Traffic officials and Race Marshals will be on the Route to assist with the safe passage of Athletes and failure to follow their direction may lead to your disqualification. Athletes must run no more than two abreast and on the right side of the road facing on coming traffic unless the Traffic Officials instruct you to do otherwise. The use of ear phones or head phones during the race is a contravention of ASA rules and will result in your disqualification.