

The KEMPSTON

LADIES

Night Race 2018

5km & 10km



3 MARCH 2018

MORE INFO ON THE KEMPSTON EVENTS & OXFORD STRIDERS FACEBOOK PAGES

10KM - 17h00

The 10km race starts in Kenyon Crescent Nahoon & finishes at Oxford Striders
TEMP No - R20.00

ENTRY
R90

5KM - 17h10

The 5km race starts in Kennington Rd Nahoon & finishes at Oxford Striders

ENTRY
R75

ENTER AT Oxford Striders Clubhouse on

- Saturday 24 February 9h00-12h00
- Thursday 1 March & Friday 2 March 17h00-19h00
- Saturday 3 March from 9h00-12h00 (10km entries) & 9h00-16h00 (5km entries)

SHOE TIMING CHIPS WILL BE ISSUED FOR THE 10KM RACE WHEN ENTERING.

THESE CHIPS MUST BE RETURNED TO OXFORD STRIDERS. PLEASE WEAR YOUR TAG ON A RUNNING SHOE NO SHOE CHIP - NO RESULT

ATHLETES WILL BE REQUIRED TO PAY A R100 REPLACEMENT FEE IN RESPECT OF TIMING CHIPS NOT RETURNED

VESTS FOR THE FIRST 3000 ENTRIES

Enter Online: www.myactive.co.za

ONLINE ENTRIES OPEN 2 JANUARY 2018 & CLOSE AT MIDDAY 19 FEBRUARY 2018

NO ENTRIES WILL BE TAKEN FOR THE 10KM AFTER 12PM ON THE DAY OF THE RACE

RACE ENQUIRIES: HELEN - 083 609 6706 | RUSSELL - 084 566 4637

Email: striders@sainet.co.za

PARTICIPANTS DETAILS

TIMING CHIP 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	
WHICH RACE ?	5km <input checked="" type="checkbox"/> 10km <input checked="" type="checkbox"/>	AGE	

PLEASE INDICATE YOUR PREFERRED T SHIRT SIZE

XS	S	M	L	XL	XXL	XXXL
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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 Kempston Ladies Nite Race, The Sponsor (Kempston Group)*

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 the Kempston Ladies Nite Race. 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
Prize Category
Runners - Women Open
Runners - Women 35+;40+;50+;60+;70+
Runners - Junior Women

10KM			
1st	2nd	3rd	4th
R2000	R1500	R1000	R500
R400	R300	R200	
R600	R400	R200	

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

REGISTRATION INFORMATION		
DATES	TIMES	VENUE
2 January to 12h00 on 19 February 2018		Online Entries (www.myactive.co.za)
Saturday 24 February 2018	09h00 to 12h00	Oxford Striders Clubhouse, Nahoon
Thursday 1 March 2018	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Friday 2 March 2018	17h00 to 19h00	Oxford Striders Clubhouse, Nahoon
Saturday 3 March 2018	09h00 to 16h00	Oxford Striders Clubhouse, Nahoon

ENTRIES FOR THE 10KM CLOSE AT 12PM ON THE DAY OF THE RACE DUE TO THE ISSUING OF TIMING CHIPS

ENTRY FEE AND TEMPORARY LICENSE FEE	10KM	5KM
Entry fee	R90	R75
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.
- The Shoe Tag Timing Chip must be affixed to the athletes shoe. Placing it elsewhere may result in your finish time not being recorded.
- Updates regarding the race are available on the Oxford Striders & Kempston Events facebook pages & on the Kempston Events website or email striders@sainet.co.za.
- REGISTRATION for both races ONLY available at Oxford Striders, Beach Road, Nahoon. NO ENTRIES WILL BE TAKEN AT SPORTS SHOPS.**
Entry forms are available on the Kempston Website, Oxford Striders Website, Total Sports Vincent Park, Total Sports Hemingways and Sportsmans Warehouse.
- Temp Licences at R20, **ONLY NEEDED FOR THE 10 km RACE**, are available at registration, from Oxford Striders Running Club.
- 3000 Vests will be available at race registration for the races and choice of size will be available on a first come first served basis.
- There will be refreshment stations provided along both the 5km & 10km routes.
- Prize giving will take place as soon as possible after all runners have completed the race and prize winners have been confirmed. All finishers, provided they are present at prize giving will be eligible for lucky draws.
- MALE RUNNERS MUST DRESS IN DRAG AND MAY ONLY ENTER THE 5KM RACE.**

Littering along the route will result in disqualification. Athletes must use the bins provided at the refreshment points.

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.