

# RACE ENTRY FORM INFORMATION

Queensburgh 1 of 2017

## QUEENSBURGH HIGH SCHOOL

Corner of Dipdale and Bowker Roads, Queensburgh

ENQUIRIES: Hoppy Hopkinson at [Hopkinson@vodamail.co.za](mailto:Hopkinson@vodamail.co.za)

Stefan Roodt at [stefanroodt2@gmail.com](mailto:stefanroodt2@gmail.com)

24HR RACE starts at 19h00 on 14/07/17 ends at 19h00 on 15/07/17 **R400-00**

12HR night RACE starts at 19h00 on 14/07/17 ends at 07h00 on 15/07/17 **R300-00**

12HR day RACE starts at 07h00 on 15/07/17 ends at 19h00 on 15/07/17 **R300-00**

6HR night Race starts at 19h00 and on the 14/07/17 ends at 01h00 on 15/07/17

6HR day Race starts at 07h00 on 15/07/17 ends at 13h00 on the 15/07/17 **R200-00**

**golfshirt only.**

**FULL ENTRY FEE CAN BE PAID WITH ENTRY. Pre-entries 07/07/2017 thereafter**

**no golfshirt.**

**ALL PRE ENTRIES 6/12/24hr WILL RECEIVE A GOLFSHIRT**

**All runners 12/24 hour will receive a Mug.**

**No minimum distance run as many km's as you can**

### General Rules

The race will take place on a 500/1000 meter circuit at Queensburgh High School

The race is run in accordance with the rules of ASA and . Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may be arising out of their participation in the race.

Runners participate at their own risk.

One race number will be issued, which must be visible and worn on the front of the chest at all times during the race. Failure to comply will result in disqualification by a race committee member or race referee.

Entries to be limited to 200 runners.

Please ensure that proof of payment of your entry fee accompanies your entry form and is signed by you.

SEND ENTRIES AND PROOF OF PAYMENT TO

Attention Stefan Roodt

Email entry to [stefanroodt2@gmail.com](mailto:stefanroodt2@gmail.com)

Banking details.

Bank: FNB

Account name: JHS Roodt

Account number: 62655771668

Branch Code 250655

Venue	Queensburgh High School
Route	1000m circuit. Mainly grass track.
Facilities	<ul style="list-style-type: none"> <li>•Camping space alongside the track – bring your own tent .</li> <li>•Limited accommodation for hire from organisers – Book &amp; pay very early!</li> <li>•Power points available for lighting but not deepfreezes, microwaves or urns.</li> <li>•Toilets and hot showers</li> <li>•Athletes are advised to bring their own favourite provisions .</li> <li>•Water point will be provided.</li> </ul>

Water point will supply coke,energy drink,water,snacks,soup,coffee,tea,milo,,sandwiches.

# QUEENSBURGH HIGH SCHOOL ENTRY FORM 1 OF 2017

ALL PRE-ENTERED 12/24 hour RUNNERS WILL RECEIVE A Golf SHIRT AND MUG  
WATERPOINT WITH COKE,WATER,ENERGY DRINK,SWEETS,FRUIT SLICES,SNACKS ,  
COFFEE TEA AND SOUP.

SURNAME: \_\_\_\_\_ AGE: \_\_\_\_\_

FIRST NAMES: \_\_\_\_\_ GENDER: \_\_\_\_\_

I.D. NUMBER: \_\_\_\_\_

RACE ENTERED: \_\_\_\_\_

CELL: \_\_\_\_\_

E-Mail: \_\_\_\_\_

CLUB: \_\_\_\_\_

PROVINCE: LICENCE NO: \_\_\_\_\_

T-SHIRT SIZE: S: \_\_\_\_\_ M: \_\_\_\_\_ L: \_\_\_\_\_ XL: \_\_\_\_\_ XXL: \_\_\_\_\_

## Release and Waiver.

In consideration of the acceptance of my entry, I myself, my executors, heirs, administrators and assigns, do hereby release myself and discharge any and all sponsors, any and all organizers, any and all volunteer groups, all medical personnel, any and all local authorities from any claims for injury, damage or property loss I may suffer caused by any negligence arising out of my participation in this event including Pre and Post race activities.

I am physically fit and sufficiently trained to participate in these events and assume all risk for such participation. I accept all rules, conditions, which include the terms of payment of the entry fee and comply with them.

I hereby declare the foregoing particulars to be true in every respect.

Signature of Entrant: \_\_\_\_\_ Date: \_\_\_\_\_