

## prizes

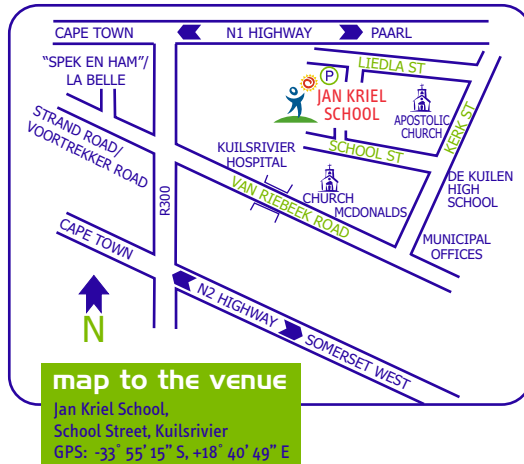
Men & Women	Age categories				
	Open	15-19	40-49	50-59	60 +
Position	Open	15-19	40-49	50-59	60 +
1st *	R 1 000	R 300	R 300	R 300	R 300
2nd	R 500	R 200	R 200	R 200	R 200
3rd	R 300	R 100	R 100	R 100	R 100
4th	R 200				
5th	R 100				
Teams (open)	4 x R 50				

Overall	Prize
10th	R 50
20th	R 50
30th	R 50
50th	R 50
100th	R 50

\*The first athlete across the line will be given a bonus of R500  
Women will be given a head start:  
see information on starting time



medihelp  
**tekkie**  
CHALLENGE



## running: race rules

1. The minimum age on race day is 15 years (10 km).
2. Participants must obey the instructions of the marshals/traffic officers.
3. Any participant who is not able to present a race entry card on request of a race official may be disqualified.
4. In addition to prizes in the Overall (Open) Category, participants will only be eligible for an Age Category prize in the age category in which they enter. Participants must wear corresponding numerical age category tags on the front and the back of their vests. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
5. Temporary licensed participants are eligible for Age Category prizes, provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
6. Juniors (born 1991 or later) who wear a junior licence or senior licence must display age tags "J" to qualify for age group prizes.
7. Club colours must be worn to qualify for team prizes.
8. The official race number must be worn on the front of the vest and the licence number at the back. Temporary licence athletes must run in plain coloured clothing without advertising, with their temporary licence number on their back.
9. No personal seconding will be permitted except at official refreshments stations.
10. **Time limit**  
10 km – two hours (starting time: 07:30)  
5 km – no time limit (starting time: 07:50)
11. The organisers accept no responsibility for any accident or injury resulting from participation in this event.
12. Any ruling by the race committee will be considered final.
13. Pre-entries on [www.enteronline.co.za](http://www.enteronline.co.za). Late entries will be accepted at the start from 06:00.
14. The prize-giving ceremony will be held at 09:45.
15. Tog bag area will be available at your own risk.
16. Athletes from the organising club are not eligible for lucky-draw prizes.
17. Race results will be sent to all Western Province Clubs. All other clubs who require the race results must supply their postal addresses to the race organiser.

DESIGN A PRINT 021 975 9648



medihelp  
medical scheme



2010 medihelp  
**tekkie**  
CHALLENGE  
running • fun walking • nappy run



in aid of children with special educational needs

Saturday  
11 September 2010  
Jan Kriel School, Kuilsrivier

Race run in accordance with the rules of A.S.A and W.P.A

new balance   
Multisport Club



**Battle of the sexes!** Who will claim the tekkie title?

Medihelp is an authorised financial services provider

See prizes on reverse side

# entry form

For official use only	Payment	<input type="checkbox"/> T	<input type="checkbox"/> C	<input type="checkbox"/> D
Race number _____	Amount R _____			

Full name \_\_\_\_\_

Date of birth (dd mm yy) \_\_\_\_\_ Age on day of event \_\_\_\_\_ Sex  M  F

ID number \_\_\_\_\_

Postal address \_\_\_\_\_  
 \_\_\_\_\_ Code \_\_\_\_\_

Tel (W) \_\_\_\_\_ Cell \_\_\_\_\_

E-mail \_\_\_\_\_

Licence number 2010 \_\_\_\_\_ Emergency contact details \_\_\_\_\_

Athletic club \_\_\_\_\_

Age category

15-19	<input type="checkbox"/>	20-39	<input type="checkbox"/>	40-49	<input type="checkbox"/>	50-59	<input type="checkbox"/>	60+	<input type="checkbox"/>
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## amount payable (please indicate event)

licensed athlete 10 km run/walk	R25	5 km run/walk	R25
unlicensed athlete 10 km run/walk	R40	nappy run u/2 years	R20
licensed junior 10 km run/walk	R15	nappy run 2 years	R20
unlicensed junior 10 km run/walk	R23	nappy run 3 years	R20
Voluntary donation to the beneficiary, Jan Kriel School		R _____	
Total amount payable (entry fees and voluntary donation)		R _____	

## bank details

Account holder: Bike & Tekkie, ABSA, Kuilsrivier, branch code 632005, cheque account no 405 994 4534  
 Please fax deposit slip or proof of electronic payment to 021 903 9007

## all participants

I declare that I agree to abide by the rules of the event. I will participate in the race at my own risk and I hereby indemnify all national and provincial bodies, local authorities, sponsors and organisers of the race against any action or claim of whatsoever nature which may result out of my participation in this event.

If you would like to receive communication from Jan Kriel School in future, please tick here.

If you agree for your contact details to be disclosed to a third party, please tick here.

Signature of participant

Date

Signature of parent/guardian  
 (if under the age of 18 years)

**date and venue:**  
 Saturday 11 September 2010  
 Jan Kriel School  
 School Street, Kuilsrivier

medihelp medical scheme  
 medihelp **tekkie** CHALLENGE  
 Jan Kriel www.jankriel.org.za  
 new balance **NB** Multisport Club  
 Coca-Cola

## event information

event:	10 km run/walk	5 km run/walk	50 m nappy run
starting time:	*07:30	07:50	09:00

\* Women will start at 07:30, men start 5 minutes and 43 seconds later

## how to enter

### pre-entries

- All pre-entries close at 16:00 on 8 September 2010

- fax / e-mail proof of payment & entry form to 021 903 9007 / info@jankriel.co.za

- online entries at [www.enteronline.co.za](http://www.enteronline.co.za)

- post proof of payment & entry form to Medihelp Tekkie Challenge PO Box 650, Kuilsrivier 7579

- hand deliver payment & entry form to Jan Kriel School School Street, Kuilsrivier

### late entries (Jan Kriel School hall)

- 10 September 2010 ONLY between 16:00 – 18:00
- 11 September 2010 from 06:00

### race numbers

- for 10 km event issued at the venue (Jan Kriel School hall) ONLY on 10 September (between 16:00 – 18:00) or 11 September (from 06:00)
- for all other events issued immediately or to be collected at the venue on 10 September (between 16:00 – 18:00) or 11 September (from 06:00)

## general

- Entry fee is non-refundable
- Refreshments on sale
- Ample parking available
- Medical services available
- 5 km event is wheelchair friendly

### medals

- All participants who finish receive medals

### lucky-draw prizes

- Various

### prize-giving & lucky draws

- At 09:45

## enquiries

Suzette Goldie 076 107 5412 or 021 903 0434  
 Fax: 021 903 9007  
 E-mail: [suzette@jankriel.co.za](mailto:suzette@jankriel.co.za)  
 Clive Idas 082 784 5783