



# Heather Park

21.1km and 5km

Presented by Nedbank Running Club George  
[www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za)

**Date: 13 November 2010**

**Time: 07:00**

**Venue: Heather Park Superspar,  
George**



**NEDBANK**  
Running club  
George

**HEATHER PARK**  
**SUPERSPAR**

**Race enquiries: 0828334258; 0834438834 or 0766004345**

# Inskrywingsvorm / Entry Form

## Heather Park 21.1km and 5km

Geslag / Sex	M	V/F	Wedloop/race	21.1km	5km		Draf/Run	Stap/walk
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Minimum age 16 jr 9 jr

Athletes must give proof of their age at the request of the race referee. (ID / Birth Certificate / Permanent Residence Permit)

Voornaam First Name		Van Surname	
ID / BC / PR NR		Telefoon nommer Telephone number	
Geboorte Datum D.O.B		E-Pos adres E-Mail address	
Ouderdom Op Wedloopdag Age on race day		Klub Club	
Adres Address			

2010 Lisensie Nr 2010 License No.		Provinsie Province	
Ouderdom Kategorie Age Category	Junior 16-19	Open	Veteran 40-49
			Master 50-59
			Grand Master 60+

License numbers must be displayed front and back of vest. Category tags must be displayed to qualify for prizes

Benodig Tydelike Lisensie Need Temporary License	Ja Yes	Nee No	R20.00
Inskrywingsgeld Entry Fee	21.1km Entry fee		R35.00
	5km Entry fee		R10.00
	Totaal / Total		

No temporary license needed for 5km. Geen tydelike lisensie word benodig vir 5km.

Tjeks / Cheques: Nedbank Running Club George, P.O. Box 4761, George-East, 6530  
 Internet inskrywings / entry: [www.entrytime.com](http://www.entrytime.com)  
 Closing date for internet entries is Monday 8 November 2010.  
 Postal entries must arrive by Friday 5 November 2010.  
 Late entries accepted before the race 05:45 – 06:50 at Heather Park Superspar, George.

### Medals:

**21.1km:** Category Winners Gold, next 50 Silver, next 200 Bronze  
**5km:** First 150 Bronze

Distance markers will be placed every km. Water stations every 3km and Powerade every 2nd water station and available at the finished.  
 Ablution available at Heather Park Superspar, George. First-aid available.

The start and the finish of 21.1km and 5km will be at Heather Park Superspar, George. The 21.1km will start at 07:00 and the 5km start at 07:10.

Cut-off for the 21.1km is 10:00 (3hours) and for the 5km is 08:10 (1 hour).

The route is undulating and is run on tar road through the suburbs of Heather Park, Rooirivierriif and Blanco, George.

Prize Giving will be at 10:30 at Heather Park Superspar, George.

No seconding from cyclists or private vehicles will be allowed on the route. No seconding will be allowed except for 100m on either side of a refreshment station.

Age group category tags and walker tags must be worn visibly on the front and back to qualify for age category or walker prizes. Athletes with temporary licenses and the correct category tags will qualify for age group prizes.

Athletes must participate in their correct club colours and display the ASA 2010 license numbers on the front and back of the vest, or temporary numbers on the front of the vest. No advertising allowed.

All foreign athletes must comply with IAAF rule 142 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day.

Athletes must stay on the right hand side of the road at all times, unless instructed by marshals and traffic officers.

No animals or racers (push-cart / buggy) allowed or earphones allowed.

**Race enquiries:** 0828334258; 0834438834 or 0766004345

### Prizes 21.1km:

All prizes will be awarded to men and women as separate categories, with identical prizes for men and women.

OPEN 1 <sup>st</sup>	R700
OPEN 2 <sup>nd</sup>	R300
OPEN 3 <sup>rd</sup>	R200
Junior 1st	R200
Junior 2nd	R100
Veteran (40-49) 1st	R200
Veteran (40-49) 2nd	R100
Master (50-59) 1st	R200
Master (50-59) 2nd	R100
Grand Master (60+) 1st	R200
Grand Master (60+) 2nd	R100
G Grand Master (70+) 1st	R100
Walker 1st	R150
Walker 2nd	R100

Nedbank runners SWD—incentives as per document.

First man and lady in the 5km fun run will receive a gift voucher.

Lots of lucky draws.



Held under the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The race referee's decision is final. The race organiser reserve the right to accept / reject any entry received.

Ek verklaar dat ek 'n amateur is en dat ek deelneem op my eie risiko en vrywaar die organiseerders en borge van hierdie wedloop van enige eis wat mag voortspruit uit my deelname.

I declare that I am an amateur and that I shall participate at my own risk and that I exempt the organizers and sponsors of this race from any claim which may result from participation.

Hantekening van deelnemer / Signature of participant

Ouer/voog indien onder 18 jaar / Parent/guardian if under 18 years