



HARMONY *Striders*

WELKOM



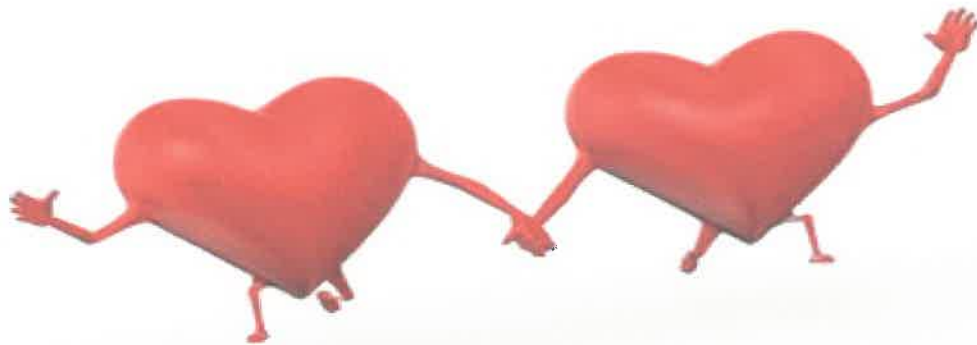
SQUARE
CULTIVATING
GREAT SHOPPING



BIED AAN / PRESENTS

Mining Services

Valentine 10km & 5km night race **NIGHT - RACE**



Vrydag 15 February 2019

Friday 15 February 2019

18h30 - 10km - R50

18h35 - 4km - R30

Temporary license - R50

Applicable for 10km only

Plek / Venue

Welkom Square

Cnr Long & Toronto road, Welkom

27.9876°S, 26.7341°E



084 124

*Pre-entries
on race day
15 February
from
09:00am at
Welkom Square*

Event manager: Deon Lodder 0829213330

Safety officer: Johan Pretorius 0825588176

Technical manager: Rina Nel 0716826615

All finishers receive a medal

Alle voltooiers ontvang 'n medalje

Race held according to IAAF, ASA and AFS rules.

A TEMPORARY NUMBER PARTICIPANT HAS NO INSURANCE COVERAGE ON RACE DAY

Rules and General information / Reëls en Algemene inligting

| | <u>10km</u> | <u>4km</u> |
|---|------------------|------------------|
| 1. Date of Race/Datum: | 15 February 2019 | 15 February 2019 |
| 2. Start and finish/Begin: | Welkom Square | Welkom Square |
| 3. Start Time/Tyd: | 18h30 | 18h35 |
| 4. Cut Off/Afsny : | None | None |
| 5. Minimum age/ouderdom: | 14 years | 9 years |
| 6. Entry Fee/Inskrywings: | R 50 | R 30 |
| 7. Entries from/vanaf: | 16h00 | 16h00 |
| 8. Temporary licence: | R 50 | None |
| 9. Prize giving/Pryse: | 20h00 | |
| 10. Distance markers along the route at every kilometre/Afstand merkers elke kilometer. | | |
| 11. Refreshment points – every 2.5 kilometre/Waterpunte elke 2.5 kilometer. | | |
| 12. No seconding will be allowed on the route, except at water points - demarcated areas Geen voertuie toegelaat op die roete, behalwe by waterpunte - afgemerkte areas | | |
| 13. Toilets available/Toilette beskikbaar in Welkom Square | | |
| 14. Eligible members must wear both 2019 licence numbers on front and back of vest/10km Atlete moet die twee 2019 AFS nommers of die tydelike lisensie nommer voor en agter dra. Temporary number to be worn on front of vest - take note Temp no has no insurance on race day Tydelike lisensie moet voor op hemp gedra word - tydelike lisensie bied geen versekering vir die dag van wedloop nie. | | |
| 15. Age tags must be worn on front & back of vest and be clearly visible. Walkers competing lucky draw must wear a W tag/Ouderdom bewys moet voor en agter op die frokkie gedra word en duidelik sigbaar wees. Stappers moet 'n W op frokkie hê indien meeding vir geluksprys | | |
| 16. Traffic Officials and Marshalls must be obeyed/Alle beamptes moet gehoorsaam word. | | |
| 17. Temp lic, must be worn in front. Tear off slip completed in full and hand back, before race. Not necessary for the 4km. | | |
| 18. All finishers of the 10km and the 5km will receive a medal/ Alle voltooiers ontvang 'n medalje. | | |
| 19. No medal will be handed to an Athlete who is not in possession of an entry ticket at the finishing point. This may also result in disqualification/ Bewys van inskrywings verpligtend. | | |
| 20. Walkers welcome, no cut-off/Stappers is welkom, geen afsny tyd. | | |
| 21. 60+ age group will pay half of the entry fee/60+ ouderdomsgroep betaal halfprys. | | |
| 22. Foreign athletes competing for the prize money must produce a clearance certificate from their national bodies to compete. This must be handed in to the organiser before the start of the event. | | |
| 23. Due to the nature of the course no blades, animals, cyclist or operated electrical devices are allowed. Excluding hearing aids | | |

10km

Prize Money / Prysgeld

Men Open

1. R200
2. R150
3. R100

Ladies Open

1. R200
2. R150
3. R100

Category Prizes

- | | |
|-----|-------|
| 40+ | R 100 |
| 50+ | R 100 |
| 60+ | R 100 |

First Boy and Girl Junior R100/1st Junior R100

First Men and Ladies Walker R100 lucky draw/ 1st Stapper R100 geluksprys

First Boy and Girl 4km – R100 lucky draw/5km R100 geluksprys

CONTACT PERSONS:

Event manager & Safety Officer

Deon Lodder - 082 921 3330 & Johan Pretorius 082 558 8176

Technical manager

Rina Nel - 071 682 6615



INSKRYWINGSVORM / ENTRY FORM

VAN/SURNAME

NAAM/NAME

GESLAG/GENDER **MALE** **FEMALE**

ADRES/ADDRESS

.....

10km (R50) **OF/OR** **4km (R30)**

TEL. NO.

EMERGENCY/NOOD NO.

KLUB/CLUB

ASA LISENSIE/LICENCE NO.

TEMP NO./TYDELIKE NO.

ID. NO.

GEBOORTE DATUM/ DATE OF BIRTH

KATEGORIE/ CATEGORY

INDEMNITY - ALL PARTICIPANTS / VRYWARING - ALLE DEELNEMERS

I have read the rules and I agree to abide by it. I will participate in the race on my own risk and hereby indemnify the National, Provincial Bodies, Sponsors and Organisers of the race for any action and claim of whatever nature which may result out of my participation in this event. Admission of all hospitals apply.

Ek het die reëls gelees en bevestig om daarby te hou. Ek neem deel uit my eie vry wil en vrywaar die Nasionale, Provinsiale liggame, Sponsors en Organiseerders van die wedloop van enige aksies of eise van watter natuur ookal, wat mag spruit uit my deelname aan die wedloop. Alle toelatings in hospitale ingesluit.

A TEMPORARY NUMBER PARTICIPANT HAS NO INSURANCE COVERAGE ON RACE DAY

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SIGNATURE/HANDTEKENING
PARENT IF YOUNGER THAN 18 YEARS/
OUER AS JONGER AS 18 JAAR

.....
DATUM/DATE