



FOREK
INSTITUTE OF TECHNOLOGY
artisans & skills training centre

#SHLRACE

MBOMBELA

VENUE: TUT MBOMBELA

4.9KM - R60 | 10KM - R150

ONLINE REGISTRATION CLOSSES 03 OCTOBER 2024

<https://entrygeek.co.za/events/shl-2024/>

FIRST 200 TO REGISTER 10 KM ONLINE GET A GOODIE BAG AFTER CROSSING THE FINISH LINE

RACE PACK COLLECTION @TUT MBOMBELA 04 OCT 2024 14:00 - 18:00

T-SHIRT R160.00 - CUT OFF DATE TO ORDER TSHIRT ONLINE 02 SEPTEMBER 2024

05 OCTOBER 2024 | 06:45 AM



FOR MORE INFO CONTACT: +27 83 753 8010



SUPPORTING HEALTHY LIFESTYLE RACE

SUPPORTING HEALTHY LIFESTYLE RACE | 05 OCTOBER 2024 (SATURDAY) | 06:45 AM

Race Entry distance		4,9 Km Race	
Full Name & Surname:			
Identification Number:			
Residential Address:		Postal Code:	
Cell Phone:			
Email Address:			
Club:			
License Number:			
Emergency Contact Name:			
Cellphone Number:			
Category:	Junior	Senior	Age:
Race T-shirt	S	M	L XL XXL

REFEREES' DECISION IS FINAL

Obey all Traffic Officials and Race Marshalls.
 All Covid-19 protocols need to be adhered to.
 The race will be run according to the rules of ASA, WORLD ATHLETICS (WA) & AMPU House rules.
 Ages: Athletes for 10km must be 14 years on the day of the race.
Proof of age (ID) to be produced upon request on day of the race.
 All athletes participates at their own risk, and by entering the event they acknowledge that they are medically fit to participate.
 Registered athletes must wear full club colours.
 2024 license numbers on the front and back of the vest.
 Temporary license must be fixed on the back of the vest.
 Age category ID tags must be clearly displayed for the duration of the event (back and front) by athletes competing for a category prize AND must be fixed on all 4 corners and not be covered by rash jacket or any shirt.
 Only athletes with a race number and license numbers will be allowed into event area.
 Race number must be worn on the front of the vest.
 ASA license numbers must not be covered with any paper race numbers /race bib.
 No littering, please make use of waste boxes at the start/fresh RUN CLEAN.
 All participants must take note that photographs might be taken at the event and placed on social media.

Position	Male/Female	Prize	Sub 30/39 Mini bonus
1 st	Open	R1500	R1000
2 nd	Open	R1000	R250
3 rd	Open	R750	R250
4 th	Open	500	
5 th	Open	250	
1 st	Junior	500	R250
2 nd	Junior	300	R250
3 rd	Junior	200	
Entry Fee:			
1 st	40+	250	10 KM
1 st	50+	250	4,9 KM
1 st	60+	250	TEMPORARY LICENSE
1 st	70+	250	AGE 60+ (10 KM)

INDEMNITY/WAIVER By entering this event I undertake bound by the rules and regulations of the event including those of WA and ASA I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event and do not claim ignorance of these risks and dangers I hereby accept that I participate in the event entirely of my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors, person and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

MINOR RELEASE and I, the minor's parent and /or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in the good health, and in proper physical condition to participate in such activity and I enter into this indemnity / waiver on behalf of the minor.

Walkers are welcome to participate but must complete the event in official cut off times. Athletes, entering for this event and use medication to treat an illness or condition which fall under the prohibited list, should complete a Therapeutic Use Exemption (TUE) form before entering for the event and obtain authorization from SAIDS to take the needed medicine or method. The use of any type of warfare is not allowed on this race and will lead to disqualification. Special Medical Conditions or Allergies to be disclosed on entry form. Other Medical and Pandemic information on Entry Information Page.



FOR MORE INFO CONTACT: +27 83 753 8010

