

Manguzi 10km Challenge 5km walk/ fun run

Sunday, 18 June 2023

Start point: Manguzi MultiSports Complex
(Next to Shayina High School)

Time: 8h00am

Distance: 5km, 10km

Entry fee

10km: R150

5km Fun Run: R80

Temp Licence: R50

Prize Money 10km M & F

1st: R5000

2nd: R2500

3rd: R1500

1st: 35-39	40-49	50-59	60+	J
R250	R250	R250	R250	R250

Contacts:

Mrs Z. Vumase 0725432249

Mr V. Khumalo 0795744961

Mr G. Nhlonzi 0721484555

Banking details:

Manguzi Athletics Club, First National Bank,

Acc number: 62734384473

Branch: 254005

E-mail proof of payment & your entry form
to Manguziathletics@gmail.com
or submit it to Z. Vumase or V. Khumalo
during registration on 17 or 18 June 2023.



Vumase SS Inc Attorneys

Design by:

Tolokazi Design Concepts

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ENTRY FORM

Name: _____
ID No. _____ Age _____
Club: _____ Gender _____
Email: _____
Phone: _____ 2023 ASA License no _____
Temporary Licenc: _____

I will participate in (X your preferred event)

10km 5km Fun Run No temporary licence

Rules

1 000 permitted participants will be allowed to enter for each event.

- Race held by WA, ASA, and KZNA rules.
- Current 2023 licences must be worn on the front and back of the upper body clothing. Unlicensed athletes must purchase a temporary licence and it must be worn on the front of the upper body clothing.
- Both provincial licenses MUST be worn on the upper part of the vest /crop top (front and back).
- Please bring proof of payment when collecting the race number.
- Post race hydration provided.
- Tog bag facilities will be provided. Use of them is at the participant's own risk. (race officials/organisers are not liable for loss of personal belongings)
- All participants must wear ASA-approved licenses and relevant age category tags on the upper part of the vest/crop top (front and back) to qualify for age category prizes.
- All relevant age categories must be visible.
- No refunds.
- No pacing permitted.
- Club kit to be worn.
- Participants must obey marshals, traffic officials and race officials.
- 10km participants must be from 14 years of age.
- Please note: Only athletes who are of age 19 years and younger on 31st December 2023 are eligible for a junior prize.
- Proof of ID is required for prize giving.

- All prize winners must be present at the prize-giving ceremony. Failure to attend the prize-giving ceremony will result in forfeiture of prize money.

International Athletes

- All foreign/international athletes must comply with WA rules 4.2, 22.1, 142, and ASA rule 9.
- All International athletes are to buy and wear temporary licenses at the back of their race shirts and race number on the front. Failure to do so will result in automatic disqualification.
- International Athletes not representing a local club must wear neutral colours i.e. (white/black/ grey).

WAIVER AND INDEMNITY

Participants take part entirely at their own risk and agree that they shall have no claim whatsoever against the organising body, any individual or official marshal, assistant, helper or agent, the sponsors or any local authority or their employees, in respect of any loss or damage whatsoever which participants may suffer arising from an injury to their person or loss or damage to their property as a result of, or arising out of, whether directly or indirectly, the participants arrival and departure from, attendance at registration, or other function thereof, any loss or damage to bicycles or other equipment, however such loss or damage may arise regardless of whether or not the same shall have been caused directly or indirectly by the negligence, albeit gross, of one or more of all the aforementioned parties. Persons signing this entry form as a guardian of a minor hereby consent to such minor being bound by the aforementioned parties to the extent, if any, to which such minor is not capable of waving his/her rights as stipulated

Signature: _____

Date: _____