

14 FAST MOVERS AC - NDWEDWE LOCAL MUNICIPALITY – KWAZULU NATAL ATHLETICS

BHAMSHELA RACE 2024

Entries Open :

Online entries

15/03/2024 - 15/05/2024

Manual entries

15/03/2024 - 18/05/2024

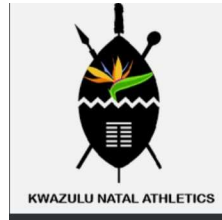
Ages	Entries	Distance 10km	Gender & Prizes	
			Male	Female
Open	R200			
Temporary licence	R70	Position 1	R2000	R2000
		Position 2	R1000	R1000
		Position 3	R500	R500
14 yrs-19 yrs	R200		Male	Female
Temporary licence	R70	Position 1	R500	R500
		Position 2	R400	R400
		Position 3	R300	R300
35 yrs-39 yrs	R200		Male	Female
Temporary licence	R70	Position 1	R1000	R1000
		Position 2	R500	R500
		Position 3	R300	R300
40yrs-49yrs	R200		Male	Female
Temporary licence	R70	Position 1	R1000	R1000
		Position 2	R500	R500
		Position 3	R300	R300
50yrs -59yrs	R200		Male	Female
Temporary licence	R70	Position 1	R500	R500
		Position 2	R400	R400
		Position 3	R300	R300
60+yrs	R200		Male	Female
Temporary licence	R70	Position 1	R300	R300
		Position 2	R200	R200

Ages	Entries	Distance 5km	Gender & Prizes	
All Ages	R100		Male	Female
No Temporary licence required		Position 1	Voucher & Medal	Voucher & Medal
		Position 2	Voucher & Medal	Voucher & Medal

All other positions

5km

Medal and T- Shirt at the finish



Entry Form

Event / Race

Date: 18 May 2024

Start time : 10km - 08h00

Start time : 5km - 08h30

Distance 10km		Distance 5km	
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Surname.....

First Name(s).....

2024 Licence Number.....

Email Address.....

SA Citizen Yes / No.....

Race pack collection:

Ndwedwe Local Municipality..... 17/05/2024 :11h00-16h00

Race pack collection:

Chief Ngonyama Secondary..... 18/05/2024 : 06h00-07h40

Permanent License/ Temporary (Proof)

Identity Number.....

Club Name / School.....

Gender.....

Cell Number..... Tel (H)..... Tel (W).....

Manual Entry Form :

Ndwedwe Local Municipality and Bhamshela Ndwedwe Local office

Monday to Friday -08h00-16h00

Manual entries forms will be available on request : cell no. 0723482934

Bring your entry form and proof of payment to collect your race number.

Banking Details

Bank Name : Capitec Bank

Savings Account Number : 147 602 3075

Branch Code : 470010

Use your ID number as reference

Email your completed form to : eliasmkhize27@gmail.com bring it when collecting race numbers

Rules and regulations for the race

1. All athletes must be 14 years and above to participate in the 10km and 9 years and above in the 5km.
2. KwaZulu-Natal Athletics age category tags must be worn on the back and front of the vest/crop top must be clearly visible in order to qualify for age category prizes.
3. 2024 licence number must be worn on the back and front of vest and must be clearly visible with race number on the front.
4. Permanent licence/Temporary must be clearly visible with race number on the front.
5. Maximum finish time for 10km 1 hour 30 minutes to get any prize.
6. Prize giving will start at 10h00.
7. Proof of age will be required in order to collect prize money.
8. Athletes to obey officials, marshals, SAPS members and traffic officers.
9. Race abide by WA, ASA and Kwa-Zulu Natal rules and regulations.
10. Junior athletes must be 19 years and younger on 31 December in the year of the completion, wear a ‘J’ on the upper front and back of the vest /crop top in order to be eligible for prizes and must provide proof of age on the day.
11. Foreign athletes must comply with WA rule CR 1.7, TR 4.1, TR 4.2 together with ASA Rule 9.
12. Temporary licensed athletes are not covered by a national medical insurance policy, ASA Rule 25.6.15.
13. Unregistered athletes running with temporary licenses must run in neutral colours and adhere to WA Adverting Regulations.
14. Holders of temporary licenses will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rules.

Disclaimer and Indemnity

I am medically fit to run and understand that I enter at my own risk and the organizer will not be held responsible for any injury or illness during or as results of the race or for any property lost or damaged on the course or in changing area. In the event of requiring medical attention. I agree that I will be held responsible for the medical cost. In the event of my participation as runner. I absolve the club, sponsors and KZN of any liability.

Name and Surname.....

Signed..... Date.....

