

RACE SHIRTS TO ALL PRE-ENTRIES
HOTSPOT PRIZE FOR CLINCH HILL!



RUN/WALK

IGNITION OLDIES 10KM

SUNDAY, 10TH NOVEMBER 2019 AT 6:00AM

10KM | CRUSADERS

RUN/WALK | SPORTS CLUB • START AND FINISH

REGISTRATION: SATURDAY 9TH NOVEMBER AT 10AM - 4:30PM

PRE ENTRIES R100 • LATE ENTRIES R120

WWW.EVENTTIMING.INFO • @DURBANRUNNER

A FUN DAY FOR THE WHOLE FAMILY.



KZN ATHLETICS



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ENTRY FORM

IGNITION OLDIES 10KM



First Name:

Surname:

Nationality:

RSA Identity Number:

Date of Birth: (..... / /)

Gender:

Email Address:

Cell Number:

Athletics SA License:

Club:

Age Category: Open 35-39 40-49 50-59 60+

10km run: **R100 + 10km Temp Lic** **R30**

10km walk: **R100 + 10km Temp Lic** **R30**

Next of Kin (in case of emergency)

Emergency Contact:

Emergency Contact Number:

Note: you will be charged R25 by KZNA

Medical Aid Details

Medical Aid Name:

Medical Aid Number:

Indemnity

I am medically fit to run/walk and fully understand that I enter at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event and affirm that their sponsors, their owners and their partners will not be held responsible for any loss or injury during or as a result from the event, or for any loss or damage to property on the course or at the venue. This event is run in accordance with the rules of the IAAF, ASA and KwaZulu-Natal Athletics, as the case may be.

All foreign athletes must comply with IAAF rule number 4 paragraph 2 and rule 22 and ASA Rule 9.

Signature

Date



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RACE INFORMATION & TERMS AND CONDITIONS



1. The race will be run in accordance with the rules of IAAF, ASA & KZNA and all participants to abide by these rules.
2. All entrants **must be 14 years or older** on the day of the race.
3. Junior athletes: **19 years or younger on 31 December** in the year of competition, must wear a "J" on the upper front and back of garment to be eligible for prizes, and must provide proof of age on race day.
4. It is compulsory for licenced runners to display both 2018 licence numbers on the front and back of the upper outer garment with the race number on the front.
5. **Temporary licenced athletes** must display their licence on the back of the upper outer garment with the race number on the front of the upper body and must run in neutral colours and adhere to IAAF and ASA rules.
6. **Race officials, marshals and traffic officers** must be obeyed at all times.
7. **Bag storage** facilities will be available at entrant's own risk.
8. **Age category tags** must be clearly displayed for the duration of the race, on the front and back of the upper outer garment (above the licence number).
9. **Walker tags** must be clearly displayed for the duration of the race, on the front and back of the upper outer garment (above the licence number).
10. **Proof of age** may be required to claim category prizes.
11. **Refreshment stations** will be available en route.
12. **Foreign athletes** must comply with IAAF Rule 4.2, 22.1 and 142 as well as ASA Rule 9.
13. **No personal seconding allowed.**
14. **Temporary licenced runners** are not covered by the national insurance policy. Refer to ASA Rule 25.5.15
15. **Organisers/Athletes may not replace ASA license numbers with Competition/ Race Numbers/ Stickers** under any circumstances.
Where a Competition/Race Number is used, it must be placed so that the ASA License Sponsor and the ASA Province/Year remains visible above the Competition/ Race Number. The licence numerals may be covered.
Athletes who fail to adhere to this rule may be disqualified. Refer to ASA Rules 26.1.6 and 26.1.7
16. Holders of **temporary licenses will be eligible** for individual prizes and may claim age category prizes in keeping with IAAF and ASA Rule 25.5.13
17. **Cut-off time 2.5 hours.**

Prizes:

Run: Open Men / Ladies 1st R800 2nd R500 3rd R300	Men/Ladies 35-39 1st R400	Men/Ladies 50-59 1st R400	Walk: Open Men / Ladies 1st R400
	Men/Ladies 40-49 1st R400	Men/Ladies 60+ 1st R400	



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