

## route indication



## rules

- Race is presented under the rules of ASA, IAAF and AFS.
- Non-licensed athletes may participate.
- Temporary licenced numbers will be available at R50.
- Age restriction for 23km - 19 years and older.
- Athletes must wear 2018 licence number on front and back of vest and must be neatly dressed.
- Traffic officials and race officials must be obeyed.
- Proof of age must be given if requested.
- Age category tags must be worn in front and back by the athletes competing for category prizes.
- Cut off Time - Runners: 10:00. Walkers: 10:00.
- Foreign athletes competing for prize money must produce a clearance certificate from their National Federation to compete in SA - handed to the organisers before the event.
- Due to the nature of the course NO prams, animals, cyclist or mechanically operated devices are allowed in the races, excluding hearing aids.
- All runners participate on their own risk. In case of an emergency report to the (next) waterpoint.

## enquiries

Event organiser: Audie Fourie - 073 808 6189 | Ina Henning - 083 415 0477  
Technical officer: Schalk Fourie - 082 878 3037  
Safety officer: Wayne Torr - 084 658 6123  
Emergency number after 17:00 - Karen Schuld - 082 322 3711



**SATURDAY  
17 NOV 2018**

FICKSBURG PRIMARY SCHOOL

**23 km & 5 km fun run**

**RISE & RUN 2018**

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# medihelp

## CHERRY RUN



### REGISTRATION FORM 2018

First name	Surname	
Nationality		
ID/Passport number	Licence number	
Date of birth	Age	
Club	Gender	
Postal address		Postal code
Landline	Cell phone	
Medical Aid	Membership number	
If you have a permanent Cherry number, please enter it here for admin purposes		

By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of the sporting event, and do not claim ignorance of these risk and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organiser of the event, provincial and national athletic bodies and all local authorities from the responsibility, liability or costs relating to any injury, loss or damage of whatever nature, 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 activity. MINOR RELEASE: and I, the minor's parents and/or legal guardian, understand the nature of athletic activity and I the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this indemnity /waver on behalf of the Printed name of participant (parent /guardian in case of a minor)

Signature

Parent/Guardian signature  
(if under 18)

Date

### general information

**Starting time:**  
07:00 (Runners)  
06:30 (Walkers)

**Prize-giving:**  
10:30  
No prizes

**PRE-ENTRIES:** Close on 2 November 2018

**LATE ENTRIES:** Friday, 16 November or on race day at R130,00

**Email entry form and proof of payment to:**  
audifourie@gmail.com or fax to 051 933 6105

**Direct bank deposits:**  
Ficksburg Marathon Club  
Absa cheque account number: 1890 320 380



### fees

Runners	R 120,00
Temp number	R 50,00
Walkers	R 120,00
Entry to festival on saturday (optional)	R 30,00

*Free t-shirt with entry while stocks last*



### prizes: men and ladies

	1st	2nd	3rd
Open	R 1500	R 900	R 600
40 - 49	R 500		
50 - 59	R 500		
60+	R 500		
Juniors	R 500		

Collect your race number on Friday, 16 November from 17:00–20:00 and on Saturday, 17 November from 05:15–06:30 at the Ficksburg Primary School

Fun run – no pre-entry. Enter Friday evening or on race day – R20,00 Ficksburg Marathon Club.

### medals

**Gold**  
• First three men & women  
• Category winners



**Silver**  
All finishers within 1 hour 45 minutes



**Bronze**  
• Runners within 3 hours  
• Walkers within 3.5 hours

