

MAMRE ATHLETIC CLUB



MAMRE 21.1KM ROAD RACE 5KM FUN RUN/WALK



COCA-COLA LEAGUE EVENT

SATURDAY 22nd JUNE 2019

MAMRE PRIMARY SCHOOL

21.1km 08h00 am

5km 08h15 am



ENTRY FORM

RACE DISTANCE	Please Tick	21.1KM	5KM	Nationality:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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AGE CATEGORY:	16-19	20-39	40-49	50-59	60-69	70+
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ID NUMBER:	<input type="text"/>
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D.O.B	D	D	M	M	Y	Y	Y	Y	AGE:	<input type="text"/>	<input type="text"/>	MALE	FEMALE
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SURNAME:	<input type="text"/>
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FIRST NAME:	<input type="text"/>
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ADDRESS:	<input type="text"/>
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SUBURB:	<input type="text"/>	CODE:	<input type="text"/>
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TEL: (W)	<input type="text"/>	CELL #:	<input type="text"/>
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EMAIL:	<input type="text"/>
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DO YOU BELONG TO A RUNNING CLUB?	YES	NO
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CLUB:	<input type="text"/>	2019 LICENCE #:	<input type="text"/>
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PROVINCE:	<input type="text"/>
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SHOE BRAND:	ADIDAS	ASICS	BROOKS	NEW BALANCE	NIKE
	PUMA	REEBOK	SAUCONY	OTHER	

EMERGENCY CONTACT PERSON	<input type="text"/>
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CONTACT #:	<input type="text"/>
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Medical Aid Name	<input type="text"/>	Medical Aid Number	<input type="text"/>
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EVENT:	ENTRY FEE
21km Licensed Athlete	R110
21km Unlicensed Athlete	R170
5km Fun Run/Walk	R20
Masters 70+	Free
Unlicensed 70+	R60

5km Fun Run/Walk

Children under 10 years must be accompanied by an adult. Prams allowed, but no pets.
Medals to all finishers. Indemnity and Waiver: I agree not to hold the Mamre Athletics Club, ASA, WPA, sponsors, or any persons assisting in the organizing of the race liable for any injury or illness, which I may suffer directly or indirectly as a result of participating in the race. I confirm that this Special Agreement is entered into for the benefit of the Mamre Athletics Club event, the sponsors and the persons assisting in the organizing of the event

Signed:.....Date.....

Signature of parent or guardian if under the age of 18

HOW TO ENTER:

- **ONLINE:** Enter online at www.topevents.co.za (should you have any enquiries about entering online, please contact Top Events on (021)5117130 or email info@topevents.co.za. Online entries attract a 14% admin fee. Closing date for online entries is Thursday 20th June 2019.
- **RACE DAY:** Entries will be taken on race day from 06h00 at the Mamre Primary School in the hall.

CONFIRMATION OF ENTRY:

- When entering online please be sure to add in your email address to receive your confirmation email.
- This confirmation email should be brought with you to number collection on 22nd June 2019

NUMBER COLLECTION:

- Number collection for online entries will be on 22nd June 2019 at the Mamre Primary School from 06h00.

START TIMES:

- 21km: Will start at 08h00am
- 5km: Will start at 08h15am

CUT OFF TIMES:

- 21km - 3 Hours 15 Minutes
- 5km - 1 Hour

PRIZE MONEY SCHEDULE: (Men and Women)

	1ST PLACE	2ND PLACE	3RD PLACE
OPEN	1200	900	750
40 - 49	600	500	450
50-59	500	450	400
60-69	450	400	350
70+	350	300	250
TEAM	(Open) Men	(150x4)	
	(Open) Women	(150x 4)	

Spot prizes at prize giving at 11h15 in the Mamre Primary School Hall.

RACE RULES:

- The Mamre 21km is open to all licenced and non-licenced runners of 16 years and older on Race day.
- 2019. Licence numbers must be worn on the front and the back of the vest.
- Temporary licences will be available at registration, R60 for seniors and juniors. When registering, participants must complete and hand in the tear off strip from the number in order to be eligible to compete.
- Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
- Unlicensed runners must wear plain clothes (no advertising permitted) and the temporary licence on the front of the vest.
- Free entry to all Great Grandmasters (70+)-proof of age may be required. Unlicensed 70+ is R60
- No personal seconding will be permitted except at official refreshments stations.
- No Race numbers will be issued. All registered athletes must wear two valid licence numbers. Unregistered participants must purchase a Temporary Licence which must be worn on the front of the vest.
- Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. #RunGreen #RunClean.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or WPA office.
- The use of music players with headphones is not allowed and may result in disqualification.
- Ensure that your club name and licence number are filled in on your entry card.
- In addition to overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn (40, 50, 60.etc.) on the front and back of their club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- Licenced runners must wear club colours to qualify for team prizes and participate with a permanent licence.
- No swapping of WPA licence numbers as the number is linked to your name and finishing time. Swapping or lending licence numbers could result in disqualification.
- Juniors (born from 2000 onwards) wearing a junior or senior licence must wear an age *category* tag to qualify for age group prizes. Juniors will count towards the Open team prizes.
- Runners must give proof of their age at the request of the Race Referee (Original ID/Birth Certificate/ Permanent residence Permit for category prizes.
- Entry race cards must be in athletes possession at all times during the race, and handed in at the results board at the Finish.
- All traffic officers and marshals must be obeyed.

- The race organisers reserve the right to accept or reject any entry.
- Foreign athletes must comply with IAAF rule 4.2 and all relevant race and domestic rules. The athletes must be able to produce the letter from his/her federation permitting participation on race day.
- The entry fee is non-refundable.
- Kilometre markers will be placed at each kilometre mark
- Refreshments stations will be situated approximately every 3km.
- The first 10 men & women will receive gold medals, 11 -100 men & women will receive silver medals 101-1000 will receive bronze medals.
- There will be a tog bag facility available. Organisers and Mamre Athletic Club members will not be held responsible for loss or damages. Do not leave valuables or cash in your bag.
- Toilets will be available.
- Parking is available on the school grounds.

DIRECTIONS TO MAMRE VIA N7 AND R27



ROUTE A (via N7)

1. Follow N7 until Philadelphia/ Stellenbosch/ Atlantis turn-off (intersection) about 1km passed the ENGEN SWARTLAND 1-STOP.
2. Turn LEFT and continue until T-junction (Tree Lane- R304)(Atlantis)
3. Turn RIGHT, continue until STOP (+/- 6.5km), go over to the next STOP (+/- 200m further)
NB!! Landmark: Saxonwold Supermarket and road connection to/from Malmesbury on right hand side of the stop.
4. Continue with tree lane over a third stop (Witsand informal Settlement) and continue over 2 traffic circles to the first 4way stop.
5. At 4way stop turn RIGHT and continue through Atlantis over four 4way stops.
NB!! LANDMARK: K F C right hand side of 1st 4way stop.
6. Follow 21km road signs past Silverstream road and LEFT into Main road to Mamre.
7. Follow marshals instructions into entry area.

ROUTE B (via WEST COAST ROAD/R27)

1. Follow R27 past the Melkbos traffic lights until Atlantis/Mamre turn-off 7km/14km sign.
2. Turn RIGHT and continue with road past Atlantis (on your Right) until T-junction and STOP sign.
3. Turn LEFT at T-junction, follow nrs 6 and 7 above.

Event contact details:

Rodney Conrad 0843062836/Lesley Daniels (0791116489)/ Enrico Daniels 0798013906

