WESTERN PROVINCE ATHLETICS

Leapfrog Gordon's Bay
21km Race
& 5km Fun run
Sunday, 14 April 2013

RACE DESCRIPTION: Scenic route from Gordon's Bay to Strand and back - fast and flat

Start & Registrations:
Gordon's Bay Primary, c/o Sir Lowry's Road & Avondrus Street, Gordon's Bay

Start: 07h30

START : Gordon's Bay Primary School, Gordon's Bay

REGISTRATION ENTRY FEES 21KM
R55.00 Licensed
R90.00 Unlicensed
70+ Free

RACE INFORMATION:
Pre Entries at **www.topevents.co.za**
Tel: 021 511 7130
Closing date for pre entries: Thurs, 11 April 2013
Entries will be accepted at the start from 05h30 to 07h00 on race day.

Prize giving ceremony will be held at 11h00 which includes spot prizes.

Tog Bag area provided at runner's own risk.

Race results will be sent to all Western Province Clubs, All other Clubs that need results must supply their postal addresses to the race organiser.

5KM FUN RUN/WALK
Start: 08h00 Fee: R15

MEDALS to all 21km finishers and Fun Run!
LUCKY DRAW PRIZES!

Enquiries:
Kevin 082 676 0109
Lester 082 424 8547

This race is in accordance with the rules of ASA & WPA

Thank you to our sponsors:

Indulec Electrical CC.

BetterBond
MAKING HOMELOANS HAPPEN

Coca-Cola

STRAND Athletic Club

GORDON'S BAY BUSINESS FORUM

OOSKUS FISHERIES

leapfrog
Gordon's Bay

Entry Form:

Pre Entries at **www.topevents.co.za**. Payments for your online entry to: Top Events, Nedbank, Account 1047068907, Branch code: 104709. Fax proof of payment to: **086 628 3061** - please use entry number as your reference number. Closing date for pre entries: Thurs, 11 April 2013. **Entries will be accepted at the start from 05h30 to 07h00.**

FIRST NAME:

SURNAME:

POSTAL ADDRESS:

POSTAL CODE:

EMAIL:

TELEPHONE:

CELL: DOB:

ID no: GENDER: M F

AGE ON RACE DAY: 2013 LICENCE NO:

AGE CATEGORY: JUNIOR SENIOR 40-49 50-59 60-69 70+

LICENSED RUNNER: Y N CLUB (IN FULL:)

PROVINCE:

EMERGENCY NO:

I agree to enter and participate in the Leapfrog Gordon's Bay 21Km race and 5km Fun run entirely at my own risk and indemnify the organizers and sponsors against any claim whatsovever that results from my participation.
I understand that I must be medically fit to run this race. I declare that I am 9 years or older (5km) or 16 years or older (21km).

SIGNATURE OF ENTRANT

SIGNATURE OF PARENT/GUARDIAN IF UNDER 18 YEARS

RACE RULES:

1. Minimum age on race day for 21KM is 16 years.
2. Participants must obey instructions of Marshalls and traffic officers.
3. Licensed athletes must compete in official club colours and display unaltered license numbers, valid for 2013, on the front and back of running vests. In addition to entering the race unlicenced participants must purchase a Temporary Licence which must be worn on the chest.
4. 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 on the front and back of their vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
5. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
6. Juniors born 1994 or later must display category tags "J".
7. Entry cards must be worn for the duration of the race. Any participant not able to produce a finishing card, when asked to do so by a race official, may be disqualified.
8. No personal seconding will be permitted except at official refreshment stations.
9. Time limit for 21KM is 3:30 hrs. No time limit for 5KM.
10. The organisers accept no responsibility for any accident or injury resulting from participation in the event.
11. Any ruling by the race committee will be considered final.

THANK YOU TO ALL OUR RACE PARTNERS!

Host Club: STRAND Athletic Club

Title Sponsor: leapfrog Gordon's Bay

The organisers and sponsors accept no responsibility for injury or accidents resulting from participation in the race.

Prizes - Men & Women (21km)			
Age	1st	2nd	3rd
Open	R500	R300	R200
Juniors (16-19 Yrs)	R200	R100	R60
40-49	R200	R100	R60
50-59	R200	R100	R60
60+	R150	R100	R60