

**Entry Form**  
Categories (Tick One)

SENIOR MEN	SENIOR WOMEN	MASTER MEN 40-49	MASTER WOMEN 40-49	MASTER/ MEN 50+	MASTER/ WOMEN 50+
SENIOR MIXED	JUNIOR MIXED	JUN BOYS (U/10)	JUN GIRLS (U/10)		
TEAM	TEAM				
JUN BOYS (U/13)	JUN GIRLS (U/13)	JUN BOYS (U/15)	JUN GIRLS (U/15)	JUN BOYS (U/20)	JUN GIRLS (U/20)
NAME OF TEAM:					
CONTACT PERSON:			TEL:		
ADDRESS:					

**TEAM MEMBERS – 5 RUNNERS IN THE SAME AGE GROUPS**

(NO NAMES NEEDED)

I hereby agree that the team members understand and agree to abide by the rules and this ENTRY conforms to the rules.

\_\_\_\_\_ signed by the team representative.

Entry Fee: R 60 per TEAM (Juniors R 30 per Team)

Entries payable to: **WESTERN PROVINCE ATHLETICS.**

**WPA Banking Details: First National Bank. Acc. Nr. 62356157886**

**Bank Code: 250655 Reference: Name & relay.**

**NOTE: NO LATE ENTRIES WILL BE ACCEPTED**



WESTERN PROVINCE ATHLETICS  
CROSS COUNTRY

presents the

**K3 WATER & ENERGY SACHETS**

**CROSS COUNTRY RELAY**

(5 x 3 km)  
(and U/10 - 5 x 1,5 km)

**29 APRIL 2017**

**13h30**

at

**NANTES PARK**

The race is organised by **NANTES ATHLETIC CLUB** under the auspices of **WPA Cross Country** in accordance with the rules of **WPA** and **ASA**

We would like to thank **PENINSULA BEVERAGES** for their continued and generous support

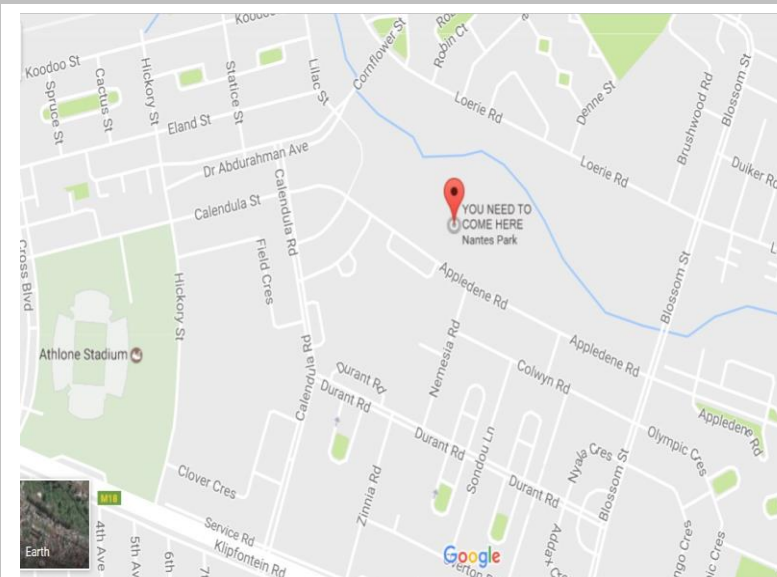
## Relay Rules

- The closing date for entries is Thursday, 27 April 2017.  
**NO LATE ENTRIES WILL BE ACCEPTED.**
- A team consists of **FIVE** runners, each running one lap of 3 km. Sub Junior (U/10), each running one lap of 1, 5 km.
- No runner may run more than once for the same team.
- Entries will be accepted in sixteen (16) categories:
  - Senior Men and Women; Mast Men (age 40-49); Mast Women (age 40-49); Master Men (age 50 and up); Master Women (age 50 and up); Senior Mixed team (maximum of 3 men)
  - Runners entering in the above categories must have a valid 2017 licence number.
  - Junior Boys/Girls U/10, Junior Boys and Girls (U/13), Junior Boys and Girls (U/15); Junior Boys and Girls (U/20) and Junior Mixed Team (Maximum of 3 boys).  
**If a school team; entire team must be from the same school and must run in their school colours.**
- A "mixed" team, with 4 men and 1 woman will be considered a Men's Team.
- Licensed runners must wear their club colours as well as their 2017 licence number on the **BACK** of their vests.
- A maximum of 200 teams will be accepted.

### INFORMATION

- The race starts at 13h30 for the U/10 Boys & Girls, when the first runners of each team start. Juniors and Senior and Master teams start at 14:30.
- No entry fees will be refunded unless the organisers reject the entry.
- Cash prizes will be awarded in each category.
- The last runner of each team will receive his team's medals at the finish.
- Clubs may erect gazebos and umbrellas in the centre of the field.
- Team managers must collect their team numbers at the entry tables from 11h30 on the day of the Relay.
- Entries payable to : **WESTERN PROVINCE ATHLETICS**  
**Banking details: First National Bank: Acc. No. 62356157886**  
**Bank code: 250655 Reference: Name & Relay**
- Entries must be e-mailed to [elsaoliver@telkomsa.net](mailto:elsaoliver@telkomsa.net)
- For further information/details, please phone Ben Oliver - Tel (021) 854 5867 or cell no: 082 292 7215.

## How to get to Nantes Park



TEAM CASH PRIZES			
	1st	2nd	3rd
Sen Men / Women	R 300	R 200	R 100
Master Men / Women 40-49	R 300	R 200	R 100
Master Men / Women 50+	R 200	R 150	R 100
Mixed Team Seniors	R 200	R 150	R 100
All Junior categories / Mixed	R 150	R 100	R 75

All age group categories must be able to supply proof to collect a prize