

Ladies NITE RACE

4 March '17



SATURDAY 4 MARCH 2017

ENTRY	FEE
5km	R60
10km	R80 15yrs+
Temp	R20 10km

10km : STARTS AT 5pm
5km : STARTS AT 5.10pm



ONLINE ENTRIES: www.myactive.co.za

EFT AND CREDIT CARDS ACCEPTED WITH ONLINE ENTRIES

REGISTRATION AT OXFORD STRIDERS
1 March - 3 March from 5-7pm
4 March from 9am-4pm

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Entry Forms available at Oxford Striders, Total Sports & Sportsmans Warehouse or download from kempston.co.za/events/
(no entries will be taken at sports shops)

RACE ENQUIRIES Dillon 073 799 6075 & Stan 083 608 4353
or email Oxford Striders at striders@sainet.co.za

ENTRY FORM

RACE NUMBER								
FIRST NAME								
SURNAME								
DATE OF BIRTH	Y	Y	Y	Y	M	M	D	D
SEX MALE/FEMALE								
10km CATEGORY	JNR	OPEN	35+	40+	50+	60+	70+	
5km or 10km	5km	10km	10KM FEMALE ENTRANTS ONLY					
ATHLETIC CLUB								
CLUB LICENCE NO.								
TEMP NO.								
EMAIL								
CELL NUMBER								
ID NUMBER								
AGE								
VEST SIZE	XS	S	M	L	XL	XXL	XXXL	

SPECIAL AGREEMENT

I agree not to hold the Ladies Nite Race Committee, or Oxford Striders Athletics Club, any sponsors, or any person assisting in the organisation or holding of the race liable for any injury or illness, which I may suffer directly or indirectly as a result of participating in the race or for any damages or loss of property 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 Ladies Nite Race, Oxford Striders Athletics Club, the sponsors and the persons assisting in the organisation and holding of the race. I agree to allow the organisers/sponsors of this event to use my email address to communicate race/event news and that photos taken may be used for promotional purposes.

Signature of Entrant.....

Parent or Guardian.....

(If entrant is under the age of 18 years, the signature of the parent or guardian is also required.)

Ladies NITE RACE

RACE INFORMATION

1. The start of the 5km race is at 5.10pm in Kennington Road.
2. The start of the 10km race is at 5 pm in Kenyon Crescent around the corner from the Club.
3. The finish for both races is at Oxford Striders Athletics Club, Beach Road, Nahoon.
4. Online entries: www.myactive.co.za. Online entries close at midday on 1 March 2017.
5. Updates regarding the race are available on the Oxford Striders and Kempston Events facebook pages and on the Kempston Events website or email striders@sainet.co.za.
6. **REGISTRATION for both races ONLY available at Oxford Striders, Beach Road, Nahoon. NO ENTRIES WILL BE TAKEN AT SPORTS SHOPS.** Entry forms are available on the Kempston Website, Total Sports Vincent Park, Total Sports Hemingways and Sportsmans Warehouse.
7. Temp Licences at R20, **ONLY NEEDED FOR THE 10 km RACE**, are available at registration, from Oxford Striders Running Club.
8. 2500 Vests will be available at race registration for the races and choice of size will be available on a first come first served basis.
9. There will be refreshment stations provided along both the 5km & 10km routes.
10. Prize giving will take place as soon as possible after all runners have completed the race and prize winners have been confirmed.
All finishers, provided they are present at prize giving will be eligible for lucky draws.
11. **PRIZE WINNERS PLEASE RESPECT THE SPONSOR & ORGANISERS BY BEING PRESENT AT PRIZE GIVING.**
12. **MALE RUNNERS MUST DRESS IN DRAG AND MAY ONLY ENTER THE 5KM RACE.**

RACE RULES

1. Competitors are responsible for familiarising themselves with the race route, which is available on the Oxford Striders and Kempstonevents facebook pages and on the Kempston website or email striders@sainet.co.za for a copy.
2. All runners in the 10km race must wear the supplied race number and 2017 licence number/temp number on the front of their vest or crop top with the sponsor Old Mutual visible above the race number.
3. In order to be eligible for prizes in the various age categories an age category flash must be worn and must be clearly visible on the top left of the front and back of your vest or crop top. If no age flash is worn you will compete in the Open Category.
4. No personal seconding, except for 100m either side of the refreshment table.
5. Entrants for the 10km must be 15 years or older on race day.
6. Prize winners must be able to provide proof of age/ID documents.
7. **For the safety of athletes and to ensure proper communication between officials and athletes, iPods, mobile phones or similar devices are not allowed during a road race.** Only hearing aids will be accepted.
8. **STRICTLY FEMALES ONLY FOR THE 10KM RACE.**
DRAG ARTISTS MAY ENTER THE 5KM RACE.
9. No animals are allowed on the course.
10. This race is run under the rules and regulations of Border Athletics & ASA.

Ladies NITE RACE

PRIZE MONEY FOR THE 10KM ONLY

CATEGORY	1ST	2ND	3RD	4TH
Open	R2000	R1500	R1000	R500
35-39	R400	R300	R200	
40-49	R400	R300	R200	
50-59	R400	R300	R200	
60-69	R400	R300	R200	
70+	R400	R300	R200	
Junior	R600	R400	R200	

Loads of Lucky Draw Prizes

PLUS 4 x R250

Spot Prize for a lady participating in her Kempston Vest in the 5km

2 Spot prizes for the 10km

- * One for a club member participating in her club vest
- * One for a non-club member participating in her Kempston Vest

