

**LAINGSBURG MUNISIPALITEIT
PRESENTS
KAROO HALF MARATHON & 10KM
SATURDAY 12 SEPTEMBER 2009
R 35,00/R25,00**

PRIVATE BAG X4, LAINGSBURG, 6900- FAX 023-5511019

ENTRANT DETAILS

Please indicate event (tick please)		21, 1km (run)	10km (run)
15-19	20-39	40-49	50-59
			60-69
			70+
Walker			
ID NUMBER		Name	
Surname (print please)			
Postal Address:			
Postal Code	Gender:	Male	Female
e-Mail:	Age race day:		
Cell:	Tel.:		
Payments:			
Licensed Runner/Walker	21, 1km	10km	
Unlicensed runner/W (temp. lic incl)	R 35,00	R 25,00	
	R 50,00	R 40,00	
Club (in full)			
2009 Licence number plus province e.g 789ASWD			
Method of payment	Cheque	Cash	Postal Order
			Bank dep (fax dep. Slip + Entry)

RELEASE AND WAIVER:

In consideration of the acceptance of my entry, I for myself, my executors, heirs, administrators and assigns, do hereby release and discharge the Karoo half Marathon/10km, any and all sponsors, any and all volunteer groups, all medical personnel, and all local authorities from all claims for injuries, damage or property loss I may suffer caused by negligence of any of them and arising out of my participation in this event, including pre- and post activities. I accept all rules, conditions and regulations which include the terms of payment of the entry fee and will comply with them. I undertake not to exhibit or wear any advertising material or logos contrary to the rule of ASA or ASWD.

Signature: _____ Parent/Guardian: _____ (if under 18)

Inligting en Reëis

Organiseerders: Lainsburg Munisipaliteit & Atletiekklub

Entries:

Entry fee of R 35 for 21,1 km and R 25 for 10km

Closing date - 4 September 2009

No late entries

Tydlike Licensies:

Tydlike Licensies is beskikbaar teen R 15,00.

Refreshment stations will provide Coke and water schets every 3km.

Algemeen

Reëis van ASA en ASWD geld. Die wedloop begin om 7:00 by die JJ Ellissportgronde. Wedloopnommers beskikbaar by die Koshuis vanaf 17:00 op 11 September 2009.

Afsnytyd vir 21, 1km = 10:00

Afsnytyd vir 10km = 8:30

Prysuitdeling = 10:15

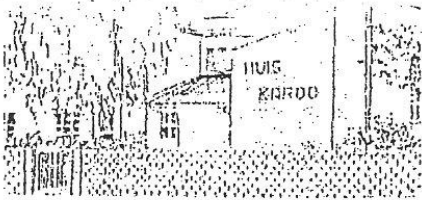
Die skederegter se besluit is finaal. Sleghs atlete met offisiële lisensie/tydelike lisensie nommers duidelik beskikbaar op hul frokkies, sal toegelaat word om die wedloop te voltooi.

2009 Lisensie nommers moet voor en agter op frokkie gedra word. Ouderdom kategorie nommers moet gedra word, om in aanmerking te kom vir kategorie pryse. Om diskwalifikasie te voorkom, gehoorsaam alle baanbeambtes en verkeersbeambtes. Die minimum ouderdom op die dag van die wedloop is 16 jaar vir 21, 1km en 15 jaar vir die 10km.

Seconding: No seconding from cyclists or private vehicles will be allowed on the route. No seconding will be allowed except for 100m on either side of a refreshment station.

Safety: No dogs or racers (push-cart/buggy) allowed.

Bank Besonderhede: Lainsburg Munisipaliteit-Absa-2540140874



HUIS KAROO

Posbus 42
Laingsburg
6900

(023) 551-1029
Faks (023) 551-1029

MARATHONVERBLYF: 11 TOT 13 SEPTEMBER 2009

Navrae: Mnr I Manuel Tel/Faks 023 5511 029 of e-pos admin@laingsburghs.wcape.school.za

U BESONDERHEDE

Naam en Van	Tel No	
Adres	Sel No	
	Faks No	
	e-pos	

BESPREKING

	Aantal Nagte	Aantal Persone	Bedrag
4-Bed Kamer @ R60,00 per persoon per nag			
6-Bed Kamer @ R60,00 per persoon per nag			
Karavaan / Tent Staanplek @ R50,00 per nag en R5,00 per persoon			
Pasta-ete @ R30,00 per persoon Vrydagaand vanaf 19:00 - 20:00			

LET WEL:

Vir 'n 2-bed kamer @ R80,00 per persoon per nag, moet u met mnr Manuel skakel, aangesien daar net 5 beskikbaar is.

Indien u bv. 'n 4-bed kamer vir 2 persone wil bespreek, moet u dit so aandui en dan die volle bedrag vir die kamer, naamlik R240,00 per nag, betaal.

U moet u EIE beddegoed voorsien

Bankbesonderhede vir elektroniese inbetalings

Rekeningnaam

Bank en tak

Taknommer

Rekeningnommer

Verwysing

ABSA Laingsburg

334508

20 243 706 77 Spiraalplan

U naam en van

Alle tjeks uitgemaak aan HUIS KAROO

PRYSGELD * PRIZE MONEY

KATEGORIë	21,1KM		10KM	
	MANS	DAMES	MANS	DAMES
OPË:				
1ste	R 250,00	R 250,00	R 100,00	R 100,00
2de	R 150,00	R 150,00	R 75,00	R 75,00
3de	R 100,00	R 100,00	R 50,00	R 50,00
40+:				
1ste	R 150,00	R 150,00	R 75,00	R 75,00
2de	R 100,00	R 100,00	R 50,00	R 50,00
50+:				
1ste	R 150,00	R 150,00	R 75,00	R 75,00
2de	R 100,00	R 100,00	R 50,00	R 50,00
60+:				
1ste	R 150,00	R 150,00	R 75,00	R 75,00
2de	R 100,00	R 100,00	R 50,00	R 50,00
JUNIOR:				
1ste	R 100,00	R 100,00	R 75,00	R 75,00
2de	R 50,00	R 50,00	R 50,00	R 50,00
STAPPERS:				
1ste	R 100,00	R 100,00	R 75,00	R 75,00
2de	R 50,00	R 50,00	R 50,00	R 50,00

MEDALJES * MEDALS

GOUD: Alle Kategoriewenners
SILVER: Eerste 20 Atlete (slegs 21, 1km)
BRONS: Almal wie wedlope binne afsnyyd voltooi
 Prysuitdeling * Prize giving

Lots of Lucky Draws

LAINSBURG MUNICIPALITY

21,1 KM / 10KM

12 SEPTEMBER 2009 @ 7:00

Begin en eindig by JJ Ellissportgronde- Lainsburg

Aangebied deur: Lainsburg Munisipaliteit en Atletiekklub

Kontak persone: Petro Buys

Winnie Milies

Tel.: (023) 5511019

Faks: (023) 5511019

