



**SATURDAY  
1 SEPTEMBER 2018**

Delvera Farm, Stellenbosch  
Trail run & MTB

**ride & run** | **run only** | **10 km**  
20 km + 7,5 km  
10 km + 7,5 km  
Categories: Solo | Team of 2

**medal to all finishers**  
great prizes up for grabs  
**free t-shirt included**  
while stocks last

**enter online**  
[www.dirtopia.co.za](http://www.dirtopia.co.za)  
**021 884 4752**  
[info@dirtopia.co.za](mailto:info@dirtopia.co.za)



Dirtopia Trail Centre & Café, Open 7 days a week with marked trails | Delvera Farm, R44 Stellenbosch



**SATURDAY  
1 SEPTEMBER 2018**

Jan Kriel School, Kuilsrivier

10 km Battle of the sexes  
5 km Fun Run  
Nappy Run

**online entries:** [www.racetraq.co.za](http://www.racetraq.co.za)

**closing date for online entries:**  
Sunday 26 August 2018

**closing date for manual entries:**  
Thursday 23 August 2018



Riël Hauman  
10km race ambassador



Starting time:

10 km	07:30 for women*
5 km & 4 Paws	07:45
Kids’ events:	09:00

\*Men will have a later start time to be determined on race day.

ENTRY FORM 2018

Official race number						
Event (Please tick)	10 KM	5 KM	5 KM & 4 PAWS	KIDS’ RUN (AGES 4-7)	NAPPY RUN (YOUNGER THAN 3)	
Age category (10 Km only)	JUNIOR 14-19	20-39	40-49	50-59	60-69	70+
First name		Surname				
ID number		Nationality				
Date of birth		Age	Gender			
Postal address						
				Postal code		
Landline		Cell phone				
Emergency contact		Cell phone				
Club		2018 Licence number				
Medical Aid		Membership number				
T-shirt size	SMALL	MEDIUM	LARGE	X-LARGE	XX-LARGE	XXX-LARGE

Complimentary T-shirt to all pre-entries (and late entries, while stocks last) | Collection on Friday, 31 August at Jan Kriel School between 12:00 a.m. and 18:00 p.m. for all entries | Children under the age of 10 years must be accompanied by a parent/guardian

fees

10 km licenced	R 50,00	5 km & 4 Paws	R 60,00
10 km unlicenced	R 85,00	Kids’ Run (ages 4-7)	R 35,00
10 km licenced Jnr	R 30,00	Nappy Run (younger than 3)	R 35,00
10 km unlicenced Jnr	R 50,00	Jan Kriel charity donation	
5 km Fun Run	R 40,00	TOTAL AMOUNT	

Service fee is charged when entering online.

I agree to abide by the rules of the event. I will participate in the event at my own risk. I hereby indemnify all national and provincial bodies, local authorities, sponsors and organisers of the event against any action or claim of whatsoever nature which may result from my participation in this event.

Signature	Parent/Guardian signature (if under 18)	Date
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Enter online:

- Closing date for online entries is Sunday, 26 August 2018 at midnight.
- Should you have enquiries about entering online, please email web-query@racetraq.co.za.
- Please note: If payment is not received within 7 days of entry, your entry will be deleted.

Fax:

- Fax entry form with your deposit slip to 021 903 9007.
- Closing date for faxed entries is Thursday, 23 August 2018.

Manual entries:

- Hand-deliver your entry form and cash/proof of EFT payment at the offices of the Jan Kriel Institute, School Street, Kuilsriver, 7580.
- These offices will be open for entries from 08.30 – 13.30 Monday to Friday.
- Closing date for manual entries is Thursday, 23 August 2018.

Late entries:

Late entries will be accepted on Friday, 31 August 2018 at Jan Kriel School between 12:00 and 18:00.  
Race-day entries will be accepted on Saturday, 1 September 2018, from 06:00 until 15 minutes prior to each start.

Confirmation of entry:

- Fax, e-mail and online entries will receive confirmation via e-mail or sms.
- Please, bring along proof of entry, whether e-mail or sms confirmation, when you collect your race number.

Deposit details:

Jan Kriel Institute  
BANK: ABSA (branch 632005) | ACCOUNT: 3010 141 566  
REFERENCE: Tekkie + Surname + Initial  
Entry fees are non-refundable and will be donated to Jan Kriel Charity.

prizes: men and ladies

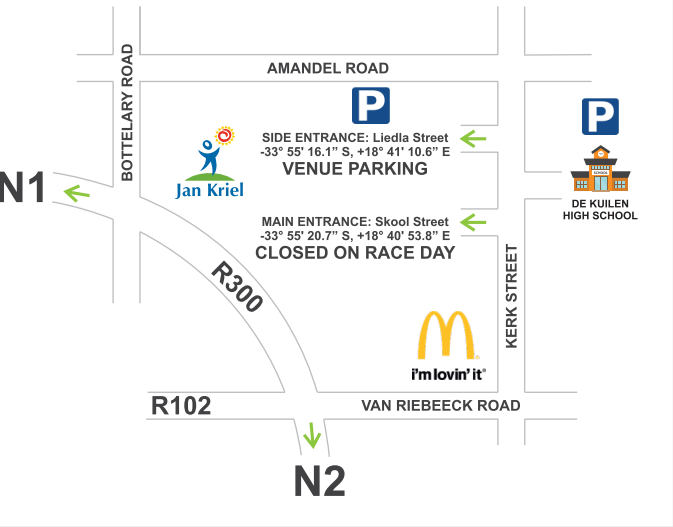
	1st	2nd	3rd
Open	R1000	R500	R300
Juniors	R350	R250	R150
40 - 49	R400	R300	R200
50 - 59	R400	R300	R200
60 - 69	R400	R300	R200
70+	R400	R300	R200
Teams (open)	R100 x 4		

Overall winner receives R500 bonus prize

5 km Fun Run: Lucky draw prizes

Enter by placing your tear-off slip in the box at the prize-giving stage

route indication



Parking

- Come early to avoid traffic delays at entrance gate. Gate opens at 05:30 a.m.
- Follow directions from Kerk Street to the entrance for parking. Parking at Jan Kriel free, parking at De Kuilen High School R20.
- Security guards will be on duty from 06:00 a.m.

Access to parking will be closed temporarily for the start of the 10 km & 5 km races.

rules for 10 km

- The race is run according to the rules of ASA and WPA.
- Participants must be 14 years of age or older on race day.
- One race number (bib) will be issued. Registered athletes must wear their ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible.
- Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
- Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
- Licenced athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- Entry cards, when issued, must be in the athlete’s possession during the race and handed in at the results board at the Finish.
- Prize-giving is at 09:45
- 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. #RunClean.
- The use of music players with headphones is not allowed and may result in disqualification.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- Tog bag facilities, at own risk.
- 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 Club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- 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.
- Juniors (born in 1999) wearing a senior or junior licence must display category tags “J”, to qualify for age group prizes. Juniors will count towards Open team prizes.
- No personal seconding will be permitted except at official refreshment stations.
- Time limit.

enquiries

General: André - 021 903 0434 or andre@jankriel.co.za or visit www.medihelp.co.za/events.

Running: Estelle - 073 313 1668

Entries: Chris - 021 903 0434 or events@jankriel.co.za