



**LADYSMITH
NIGHT RACE**

LAC • NIGHT RACE

Hosted by Ladysmith Athletic club
www.ladysmithathleticclub.co.za

LADYSMITH NIGHT RACE

Date: Saturday, 22 September 2018

Fun Run: 16:15

Actual Race: 16:00

Distance: 21.1km • Fee: R150 (21.1km)

Fun Run: R20





PRIZES

MENS- RUNNERS

1st	- R1500 + Gold Medal
2nd	- R500 + Gold Medal
3rd	- R250 + Gold Medal
35-39 years	- R200
40-49 years	- R200
50-59 years	- R200
60 years	- R200
16-19 years	- R150
Team	- 4 X R50

LADIES- RUNNERS

1st	- R1500 + Gold Medal
2nd	- R500 + Gold Medal
3rd	- R250 + Gold Medal
35-39 years	- R200
40-49 years	- R200
50-59 years	- R200
60 years	- R200
16-19 years	- R150
Team	- 4 X R50

MENS - WALKERS

1st	- R150
2nd	- R100

LADIES - WALKERS

1st	- R150
2nd	- R100

CONTACT: LINCOLN 079 361 0871 - MGCINA 083 945 5366 - NOKWAZI 076 380 2065

- Entries go on sale as of 13h00 LAC Club House. Minimum age limit is 16years old for 21.1km.
- Minimum age for fun run is 9years old. **Temporary licences available at R30.00 per licence**
- Temporary licence number to be worn on front of vest.
- Temporary licence runners to wear plain colour vest with NO advertising.
- In order to qualify for age category, numerical age category tags must be worn on front and back of the vest or crop top and MUST be clearly visible, includes walkers
- Athletes must wear club kits
- Proof of AGE may be required for age category prizes.
- 2018 LICENCES MUST BE WORN ON FRONT AND BACK OF THE VEST OR CROP TOP
Silver medal cut-of time 1.5 hours (90mins) – Bronze medal cut-of time 3 hours (180mins) runners. The race will be run subject to the rules of IAAF, ASA and the KZNA. All foreign athletes must comply with IAAF rule 4.2 and 142. and ASA rule 9
- Manual entry forms available at Riga Brothers
- Use ID number as reference on your bank deposit and submit copy of proof of payment with the entry form to Lacraceseecretary@gmail.com, retain original deposit slip

Banking details as follows: LADYSMITH ATHLETIC CLUB NEDBANK – ACCOUNT NO: 1330042581 – BRANCH CODE: 133025

Ref No: I.D number – Fax: 086 679 4478

Accommodation

Egerton Manor	+27 83 649 9097	Sunflower Lodge	+27 36 637 3970	Ndaba Lodge	+27 36 631 1969
Hunters Lodge	+27 36 637 2359	Bokmakierie Bed And Breakfast	+27 36 637 8403	Oyengweni Lodge	+27 36 637 4562
Farquhar Lodge	+27 36 631 0847	Platrand Lodge	+27 36 631 0204	Dunford Lodge	+27 36 637 2828

I will be participating in:

21km 5km

2018 Licence No. _____

SA citizen: Tick (Yes) (No)

I.D No. _____

Surname: _____

First Name: _____

Sex: _____

Club (In full): _____

Age: _____

Province: _____

Postal Address: _____

Tel No (H): _____

Tel No (W): _____

Entry Fee (21km - R150) (5km - R20)

Tel (Emergency): _____

Contact: _____



KWAZULU-NATAL ATHLETICS



INDEMNITY

In consideration of acceptance of my entry, I for myself, my executor and assigns, do hereby release and discharge, the Ladysmith Athletic Club, any and all sponsors, any and all volunteer groups, all medical personnel, and local authorities from all claims for injuries, damage or property loss that I may suffer arising out of my participation in this event, including pre and post activities. I am physically fit and sufficiently trained to participate in all the event that make up the challenge and assume all risk for such participation. I accept all rules, conditions and regulations, which include the terms of payment of the entry fee and I will comply with them.

Signed

Date

* If an entrant is under 18 years of age, a legal guardian must sign on his/her behalf

EMAIL ENTRY FORMS TO: Lacraceseecretary@gmail.com

Entries to be placed in entry box located RIGAS.