

THE TOTAL WHALE HALF MARATHON 2011

RULES OF ENTRY

1. Competitors must run in club colours with 2011 licence number for 21,1km
2. Entry fees are not refundable unless entry is rejected by the organisers.
3. Check-in at Hermanus High School on Saturday morning 5:30 - 6:45.
4. Starting time: 07:00 (21,1km) and 07:15 (6km) at Hermanus High School.
5. Refreshment stations stocked with: Water and Coke.
6. Prize giving will take place after the race, 09:30.
7. Temporary licences will be available at R25,00.
8. Cut-off time: 21,1km 10:00 and 6km 08:45 (walkers welcome).
9. Late entries will be accepted on the day of the race between 5:30 and 6:45.
10. Athletes must be 16 years to enter for the half marathon
11. Entry fees can be deposited directly into the following bank account:
ABSA Hermanus, Account no. 407 1881 047, Branch no. 632005
Post/fax/email the deposit slip with your entry form.

GENERAL INFORMATION

- A. Accommodation: Contact Hermanus Accommodation Centre: (028) 313-0004
B. Cape Town to Hermanus 120km, Driving time 1h30

DIE TOTAL WALVIS HALF MARATHON 2011

INSKRYWINGSREÛLS

1. Deelnemers moet in klubkleure hardloop met 2011 lisensienommer vir 21,1km.
2. Inskrywingsfooie is nie terugbetaalbaar nie tensy inskrywing deur organiseerders afgekeur word.
3. Registrasie by Hoërskool Hermanus, Saterdagoggend 05:30 - 06:45.
4. Wegspringtyd: 07:00 vir 21,1km en 07:15 vir 6km vanaf die Hoërskool Hermanus.
5. Verversingspunte verskaf: Water en Coke.
6. Prysuitdeling na afloop van wedloop, 09:30.
7. Tydelike lisensies sal teen R25,00 beskikbaar wees.
8. Afsnytyd: 21,1km 10:00 en 6km 08:45 (stappers welkom).
9. Laat inskrywings sal aanvaar word op die dag van die wedloop tussen 5:30 en 6:45.
10. Athlete moet 16 jaar wees om vir die half marathon in te skryf.
11. Inskrywingsgeld kan direk in die volgende bankrekening inbetaal word:
ABSA Hermanus, Rekeningnommer 407 1881 047, Taknommer 632005
Pos/Faks/epos depositostrokies saam met inskrywingsvorm.

ALGEMENE INLIGTING

- A. Akkommodasie: Kontak Hermanus Accommodation Centre: (028) 313 0004
B. Kaapstad na Hermanus 120km. Rytyd 1h30

ENQUIRIES/NAVRAE:

Ria Acker
of
Mikki Milne

Tel: (028) 312 3760 (School/Skool)
Faks: (028) 313 0814
Tel: 083 446 7840
E-pos: mmilne@hadmin.co.za

Cheques made payable to/Tjeks uitgemaak aan:

HIGH SCHOOL/HOËRSKOOI HERMANUS, P.O. BOX/POSBUS 132, HERMANUS 7200.

Tydlike nommer

ENTRY FORM

1 OCTOBER 2011

INSKRYWINGSVORM

Asseblief - Geen vooruitgedateerde tjeks

- Moenie vaskram nie

Please - No post-dated cheques

- Do not staple

Tjek
Cheque

Dep. Slip/
Strokies

Inskrywingsvorm: **TOTAL WALVIS**
Entry form: **HALF MARATHON**

Pre-Entries Close On: **28 September 2011**
Vooraf-inskrywings Sluit Op:

Van:
Surname:

Naam:
Name:

Adres:
Address:

Poskode:
Post code:

Cell: (.....)

Lisensienommer: 2011
Licence number: 2011

Tel (H): (.....)

Tel (W): (.....)

Provinsie: 2011
Province: 2011

email:

Ouderdom op 01/10/2011
Age on 01/10/2011

Manlik
Male

Vroulik
Female

Geboortedatum:
Date of birth:

Kategorie:
Category:

Aletiekklub:
Athletic Club:

Alle Deelnemers / All competitors

Hiermee verklaar ek dat ek 'n amateur is en dat ek op eie risiko deelneem en ook die organiseerders en borge vrywaar van enige eis wat deur my deelname mag voorkom.
I declare that I am an amateur and that I shall participate in the race at my own risk and indemnify the organisers and sponsors of this race against any claim which may result from my participation.

Handtekening van Deelnemer
Competitor's signature

Handtekening van Ouer/Voog
Parent's/Guardian's signature
(Onder 18 / Under 18)

Vooraf Inskrywings
Inskrywings / Entries
Tydelike Nommer / Temporary Licence

R40,00
R45,00
R25,00

TOTAL

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Voeg R25,00 by indien 'n tydelike
nommer benodig word
Add R25,00 if a temporary
licence is required