



BOXER SUPERSTORES STELLA ROYAL



RUN / WALK RULES



- This race will be subject to the rules of IAAF, ASA and KZNA.
- In order for foreign athletes to compete and to win any prize, in terms of IAAF Rule 4.2 and 142, they require written approval from their own federations.
- Registered athletes should compete in club colours.
- Age category identification tags must be worn front and back of vest or crop top; proof of age, on request, must be produced on race day.
- Walkers must wear walker identification tags, front and back of vest or crop top.
- 2010 licence numbers to be on front and back of vest or crop top.
- Refreshments tables, providing water and Coca-Cola, will be situated approximately 3km apart.
- Race starts and finishes at the Stella Sports Club, Helen Joseph (Davenport) Road, Glenwood, Durban.
- Temporary licences available at R20(25km and 10km).
- Participants must be 16 years or older on race day (25km) and 15 years or older (10km).
- Tog bag facilities available at athlete's own risk.
- Generous cut-off time at 08h30am.
- Prize giving at 09h00am.
- Course marked at each kilometre.
- No personal seconding allowed.
- Results will be available at www.stellasports.co.za and emailed to clubs.
- Licensed athletes are covered by insurance. Refer to KZNA on (031) 312-9374 for further details.



BOXER SUPERSTORES STELLA ROYAL



25KM RUN & 10KM RUN/WALK



Sunday 21st March 2010

ENTRIES & REGISTRATION:

Saturday 20th March 2010 02:30pm - 04:30pm and before the race on Sunday 21st March 2010 from 03:45am

Date:	Sunday 21st March 2010	
Venue:	Stella Sports Club, Helen Joseph (Davenport) Road, Glenwood, Durban (opposite Woolworths)	
Start Times:	25km Run - 05h00	10km Run & Walk - 05h30
Entry Fees:	R50 for 25km	R25 for 10km
	Category 70+ free with Proof of Age	
Temp Licence:	R20 for 25km	R20 for 10km
Cut off Times:	08h30 for 25km Run	08h30 for 10km Walk & Run
Age Restriction:	Minimum 16 years for 25km Run	Minimum 15 years for 10km Run & Walk

T-SHIRTS TO ALL 25km FINISHERS (600 ON THE DAY, BALANCE TO BE COLLECTED LATER)
MEDALS TO ALL 10km FINISHERS



REACH FOR A DREAM

FOR **EVERY** RACE ENTRANT **WE**
WILL DONATE **R5** TOWARDS THE
REACH FOR A DREAM
FOUNDATION. RELEASE YOUR
FREE BALLOON WHEN YOU FINISH

**ROUTE: 25KM 2 LAP RUN "RUNNERS WORLD" RACE OF THE YEAR
10KM 1 LAP RUN AND WALK ON FAST COURSE**

ENTRY FORM

PLEASE COMPLETE IN FULL

Tree lined suburban undulating course

PRIZES:

CATEGORIES		25KM RUN	10KM WALK & RUN
		MALE & FEMALE	MALE & FEMALE
OPEN	1	R800	R400
OPEN	2	R500	R300
OPEN	3	R300	R200
35-39 YEARS	1	R300	
	2	R200	
	3	R150	
40-49 YEARS	1	R300	
	2	R200	
	3	R150	
50-59 YEARS		R200	
60+ YEARS		R150	
OPEN		3 X R100	



Boxer Superstores Stella Royal Run / Walk

Name: _____

ID No: _____

Tel No: _____

Club: _____

Province: _____

Licence No: _____

Age: _____ Sex: Male Female

S.A Citizen: Yes No

Permanent Resident No / Passport No: _____

Race Entered: 25km Run 10km Run 10km Walk

Age Category: Open 35-39 40-49 50-59 60+

TERMS & CONDITIONS OF RACE:

I am medically fit to run / walk and enter at my own risk. I am responsible for any injury or illness during or as a result of the race, or for any property lost or damage from the course or at Stella Sports Club. I agree that I will be responsible for any Medical costs incurred. I hereby indemnify the organisers of the race of any claim that may result from my participation. The races are run in strict accordance with the rules of IAAF, Athletics South Africa and KwaZulu Natal Athletics. All foreign athletes must comply with IAAF rule 4.2 and 14.2.

Signed: _____ Date: _____

Race organiser: Louise Hucklesby Cell: 082 774 9841
Email: sher@merbeda.com

LUCKY DRAW

1ST PRIZE:
MOUNTAIN BIKE
With Shimano Components From Peerless Trading Co

2ND PRIZE:
RUNNING SHOE VOUCHER
from The Durban Runner

Please **donate**
your
UNWANTED
RUNNING SHOES
to **benefit** the
disadvantaged

Hand over to the events announcer
on the Stella Sports Ground field

