

RIGHTS RESERVED

Any irregularities in your entry form will result in your entry being returned to you. In the event that a returned entry is resubmitted after the 15 000 cut off number has been reached, that entry will not be accepted. An administration charge of R80 may be levied on incomplete entry forms received.

ACKNOWLEDGEMENT OF ENTRIES

Confirmation of entry can be checked at www.ladiesrace.co.za.

Should a correct email address and cellphone number be supplied, entrants will receive an acknowledgement of entry via email and/or SMS. The organisers will not be held responsible for delivery or receipt of this confirmation.

REGISTRATION

Entrants must collect their race numbers, T-shirts and promo bags at SUNCOAST SUNZone.

Thursday	16th June 2011	10h00 - 17h00
Friday	17th June 2011	10h00 - 17h00
Saturday	18th June 2011	10h00 - 16h00

FINISHERS

All finishers will receive a free breakfast pack. No medals are awarded.

CONFUSED MEN

Men who enter are NOT eligible for T-shirts, promo bags, breakfast packs or any of the position or lucky draw prizes.

CHARITY

R2 of every entry will go to independent Newspaper's Community Projects.

LUCKY DRAW PRIZES

In order to qualify for any lucky draw prizes, finishers must be present at the prize giving at the People's Park, Moses Mabhida Stadium in order to qualify.

DATA MANAGEMENT

By entering this event you will automatically be captured onto the Mr Price Heroes database. All benefits, terms and conditions can be found on www.mrpricesport.co.za

RACE OFFICE

For information contact KZNA: Tel: 031 312 9374 • email: info@ladiesrace.co.za

10KM EVENT PRIZE MONEY

OPEN		15 - 19		40 - 49		60+	
1st	R10 000	1st	R1000	1st	R1000	1st	R1000
2nd	R7500	2nd	R750	2nd	R750	2nd	R750
3rd	R5000	3rd	R500	3rd	R500	3rd	R500
4th	R2500						
5th	R1000	35 - 39		50 - 59			
6th	R500	1st	R1000	1st	R1000		
7th	R400	2nd	R750	2nd	R750		
8th	R300	3rd	R500	3rd	R500		
9th	R200						
10th	R100						

To be eligible for Age Category prizes, participants must wear Age Category tags on the front and the back of their vest (see ASA rules). Proof of age will be required for Age Category prizes.

PAY POINTS AT ALL MR PRICE STORES OR ONLINE.



MY MOST beautiful

ROAD RACE



SPAR



WOMEN'S
5/10KM

Venue

People's Park
Moses Mabhida Stadium
Durban

Date

Sunday 19th June 2011

Time

10km - 08h00
5km - 08h30

Prize

OVER R35 000
in prize money

Bonus

R12 000 worth of
grocery vouchers for
one lucky draw prize winner*

Entries limited to the first
15 000 entries received

www.ladiesrace.co.za

* Terms and conditions apply

THE MERCURY



Mr Price



women's
10 / 5 km



OFFICE USE ONLY

Race Number:

PLEASE PRINT CLEARLY USING BLOCK LETTERS

Girl/Lady **"Confused Man"**

First Name (provide in full)

Surname

Identity Number

Date of Birth / / **Age on 19/06/2011**

Age Restriction 10km - competitors are required to be 15 years or older on the day of the competition
5km - competitors are required to be 9 years or older on the day of the competition

Category 15-19 Senior 35-39 40-49 50-59 60+

Club Name (in full) (*Licensed Athletes ONLY*)

Licence Number

Phone (h) **Phone (w)**

Cellphone

Email

Emergency Tel No.

You will require correct email address and cellphone number for confirmation of entry

T-SHIRTS ARE "ONE-SIZE-FITS-ALL"

Entry Fees *Please tick appropriate box*

	5km	10km
Non-Licensed Athletes	<input type="checkbox"/> R50 Incl.	<input type="checkbox"/> R60 Incl.
Licensed Athletes	<input type="checkbox"/> R50 Incl.	<input type="checkbox"/> R50 Incl.

Entries via Mr Price stores and Online CLOSE on Friday 10 June 2011

Limited to the first 15 000 entries received. No entries will be taken on race day.

Release and Waiver

I am in good health, physically fit and have sufficiently trained to participate in the event. I agree to comply with the rules, conditions of entry and regulations for this event which includes payment of the entry fee. I hereby release and discharge, the organisers of the Durban SPAR Woman's 10/5km, all sponsors, volunteer groups, medical personnel, and any and all local authorities, from any loss or damage, however caused, arising from my participation in the event, including pre-race and post-race activities. This waiver applies to my executors, heirs, administrators, assigns and myself. I grant permission to the organisers and sponsors, in section 51 of the Electronic Communications Transactions Act 25 of 2002, to use my name, race information and any photographs, video tape, broadcast and/or telecast footage in which I may appear, for whatever use, at no charge. I hereby accept responsibility or the unique Timing Chip which will be issued to me at Registration. Should I fail to return this Chip within 24 hours of the event, I understand that I will be liable for the full replacement cost of R90 per Chip. I further accept that interest will be charged at a rate of 2.5% per month on all outstanding invoices and any legal fees will be for my account.

Signature: Date:

RULES AND INFORMATION

ENTRY LIMIT

Entries are limited to the first 15 000 entries received irrespective of event distance.

EVENT RULES

This event is run under the rules of the IAAF, ASA and KZNA.

DATE & TIMES OF EVENT

10km - 08h00, Sunday 19 June 2011	2hrs 30mins
5km - 08h30, Sunday 19 June 2011	2hrs 00mins

CUT-OFF TIMES

START, ROUTE & FINISH VENUES

Both routes are out and back, starting and ending at People's Park, Moses Mabhida Stadium, Masabalala Yengwa Avenue, Durban.

ENTRY FEES

	5km	10km
Non-Licensed Athletes	R50	R60 (Includes temp. licence)
Licensed Athletes	R50	R50

Entries via Mr Price stores and Online CLOSE on Friday 10 June 2011

ENTRY PAY POINTS

Completed entry forms with payment can be processed at all Mr Price Stores and at REGISTRATION (subject to the 15 000 limit not having been reached). No faxed entries and NO EFT's will be accepted. Entry fees are not refundable under any circumstances. NO ENTRIES WILL BE TAKEN ON RACE DAY. Online entries at www.ladiesrace.co.za using a credit card.

AGE RESTRICTION

10km - competitors are required to be 15 years or older on the day of the race.
5km - competitors are required to be 9 years or older on the day of the race.

RACE NUMBERS

Participants must wear a DURBAN SPAR Woman's 10km/5km race number on the front of the vest/shirt (not on the shorts - ASA/KZNA Rule) and a licence/temporary licence on the back of the vest/shirt.

FOREIGN ATHLETES

All foreign athletes must comply with IAAF Rules 4.2 and 142.

GENERAL

NO personal seconding on route
NO bicycles
NO carts
Mothers pushing prams may be directed to the back of the start batches - no exceptions.

NO vehicles
NO trolleys
NO pets on the route

SEEDING

There will be a seeded start. Licensed entrants will be given seeding preference.

TIMING CHIPS

It is the responsibility of each participant to return the timing chip on race day, or at registration if you are not going to compete. Any entrant who fails to do this will be invoiced for the full replacement value of the "Chip" at R90. Interest will be charged at a rate of 2.5% per month on all outstanding invoices, and legal fees will be charged to the entrant should this become necessary. Timing Chips are to be worn on the left ankle.

T-SHIRT & PROMO BAGS

Only 15 000 T-shirts and promo bags will be produced. T-shirts are "one-size-fits-all".

