

2010 ENTRY FORM

25km	<input type="checkbox"/>	FOR OFFICIAL USE Race No <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Amount R <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Payment
10km	<input type="checkbox"/>	
10km Walk	<input type="checkbox"/>	

Banking Details

Volunteer Wildfire Services
NEDBANK - Foreshore - 108 309
Cheque Account : 1 0 8 3 3 2 1 2 2 6

***Please fax entry form and proof of payment to 021 439 4377
or email entry form and proof of payment to: valmaz@global.co.za
Please refer either 'TC10km or TC25km when making payment**

Amount R Includes donation of R

PERSONAL DETAILS

Surname	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Name	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Gender	<input type="checkbox"/> M <input type="checkbox"/> F Age on race day <input type="checkbox"/> <input type="checkbox"/>
E-mail	_____
Contact No	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

INDEMNITY

I declare that I am physically and medically fit to participate in this event and assume all risks of such participation. I participate in the race at my own risk and hereby indemnify the organisers, officials, all helpers, all sponsors, the national and provincial bodies, local authorities, the Volunteer Wildfire Services Committee, against injuries and any claim whatsoever which may arise as a result of my participation.

.....
Signature of Entrant

.....
Signature of parent/guardian (if entrant is under 21)

.....
Date

EVENT INFORMATION

Date

Sunday 2 May 2010

Start Time

07:15 for the 25km (cut-off 4 hours)
07:30 for the 10km Run & Walk (cut-off 3 hours)

Start and Finish Venue

TMNP Visitors Centre Kloofnek Parking Area, Tafelberg Road.

Prize-giving

Trophies to category winners

Registration

- Pre registration - see page 2
- Saturday 1 May at the TMNP Visitors Centre Kloofnek Parking Area, Tafelberg Road 14:00 - 17:00
- Race day registration from 05:30

Contact Us

Race Organiser: Paul Morris
Telephone: 072 435 6195
Website: www.vws.co.za

***Note - Maximum of 600 runners allowed only - so avoid disappointment and enter soonest online via Internet (www.vws.co.za) or direct bank deposit. DO NOT LEAVE IT UNTIL RACE DAY!!**

ALL DONATIONS WOULD BE GREATLY APPRECIATED!



www.vws.co.za