

## Kadash Trial Run Entry Form

### Personal Detail

Name: \_\_\_\_\_ Surname: \_\_\_\_\_  
ID Number \_\_\_\_\_ Cell No: \_\_\_\_\_  
Gender: Male  Female  Age on Race day \_\_\_\_\_  
  
Date of Birth: \_\_\_\_\_  
Contact No; \_\_\_\_\_  
Email Address; \_\_\_\_\_

### Medical details

Medical Aid Name \_\_\_\_\_  
Medical Aid number: \_\_\_\_\_  
Emergency Contact No: \_\_\_\_\_  
Emergency Contact Name: \_\_\_\_\_

### Race Details (mark with "x")

Trail Run Option: 28km Trail Run  12km Trail Run   
  
Shirt Size XS  S  M  L  XL   
Meals option: Friday Evening: Pasta R60.00   
Saturday Evening Braai R80.00

I, the undersigned,

\_\_\_\_\_  
(Name in print)

hereby indemnify the committee of the Graaff Reinet Running cluboyees, and any other party involved in the organisation and/or presentation of the Kadash Trail event taking place on the 14 November 2015 at Damesfontein farm of any loss, damage or injury of any nature that I may sustain because of my participation in any activity of any nature as presented at the time of aforementioned trail run.

I confirm that I participate in any or all activities as presented by the organisation at my own risk and hereby do not hold the aforementioned parties liable for any claims of any nature resulting from loss or damage occurring because of my participation during the race.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## **Entry Info**

28 km R160 entry fee includes T-Shirt.

12 km R160 entry fee includes T-Shirt

### **Pre-Entrance**

Only for those running either event and wanting meals and a T-shirt must be paid before 6 Nov 2015. Completed entry forms and proof of payment for both races can be faxed to 049-8910824 or emailed to [rozelle@montego.co.za](mailto:rozelle@montego.co.za).

### **Late entrance and Registration**

Will be accepted on Friday between 18h00 and 20h00 and on Saturday between 6h30 and 7h30 at Damesfontein.

### **Bank details**

Graaff-Reinet Running Club

FNB

Acc: 62388583918

Branch: 210216

### **General Info**

28 km Trail run                      Briefing at 7h30

Start at 8h00

12 km trail Run                      Briefing at 8h20

Start at 8h30

Water point will provide water and coke at km 16 when running through Damesfontein.

All runners are requested to use a hydration pack and providing warm clothes should weather change.

Prize giving will take place at Damesfontein at 13h00.

Hamburgers will be on sale Saturday @ R30.00.

### **Directions:**

From Graaff-Reinet - 25km out on the R63 (Murraysburg route)

Turn right onto gravel road where signposted Damesfontein.

Follow gravel road for 25km turn left where signposted Damesfontein.

GPS: S31 58 260 - E24 13 140