



Surname: _____ Sex M F

First Name: _____ Age: _____

“Cycling South Africa” Licence: Yes (licence no.....) No

Age Category:

- Junior (<19)
- Elite (20-29)
- Vets (30-49)
- Vets (50+)
- Ladies (all age categories)

Distance & Entry Fee:

- 30km @ R60
- 80km @ R80

NB: First 100 entrants receive a free EnduraFuel Tub valued at R120

Address: _____

ID Number _____

Tel: _____ E-Mail: _____

Medical Aid & Number: _____

Emergency Contact:

Name: _____ Number: _____

Entry Fee: R80 per rider (80km) R60 per rider (30km)

INDEMNITY:

Participants in this event and all functions and events related thereto take part entirely at their own risk and agree, by their participation as well as by the signature hereto, that they and their dependants do not have, and will not institute, any claims whatsoever against, and do hereby indemnify and hold harmless from all liability, the organizers, other participants, sponsors, individuals, officials, marshals, assistants, local authorities or employees of such persons and any person associated with them even in respect of any loss whatsoever which participants may suffer arising from any cause at all, regardless of whether or not the same shall have been caused directly or indirectly by negligence, albeit gross, of any person. Persons signing this form for as a guardian of a minor consent to such minor being bound by the afore going and further indemnify the organizers and aforementioned parties to the extent, if any, to which such minor is not bound.

SIGNATURE: _____ **DATE:** _____

(Parent or guardian if entrant is under age of 18 years)

Rules

1. This event will take place irrespective of weather conditions unless deemed dangerous to cyclists.
2. All road and traffic laws and the instructions of officers and or marshals must be obeyed at all times.
3. Entry fees are not refundable under any circumstances.
4. Riders are to keep to the left side of all roads unless otherwise instructed.
5. Riders are to pull off the road to undertake repairs.
6. Riders are to stop if instructed by race officials.
7. Riders are to show consideration to vehicles if encountered.
8. The wearing of approved cycling helmets is compulsory.
9. Riders are to complete the race on the same cycle they started with.
10. There is to be no littering along the route.
11. Seconding vehicles to obtain approval from organisers.

GENERAL

1. Start/Finish outside Jonck Removals on Cove Ridge Circuit, approx 1.5km off the R72 from the Winterstand turn-off.
2. Registration will take place at the start area from 07h00 on 17 July.
3. 80km race will start at 08h00 and 30km at 08h10
4. Please ensure you are at the start, on the Cove Ridge Circuit well in advance of the start time in order to register.
5. Prize giving will take place at the venue shortly after the last rider is in.
6. All entrants are eligible for lucky draw prizes to be collected in person.
7. All completed entry forms and payment can be handed in at the Gumbo Cycle Shop, Patcyn Centre, Vincent
8. Registration will take place at the Gumbo Cycle Shop on Friday 23 July between 9am and 5pm.
9. Late entries taken at the start up until 07h30 with a late entry fee of R20. Please try to enter before Friday 11th June.

Contact Person: Ken Prentis: 083-286 4067

- **Cash Prizes for overall winners in 80km race. Prizes for overall winners in 30km race and category winners in 80km race.**
- **Lucky Draw Prizes**

