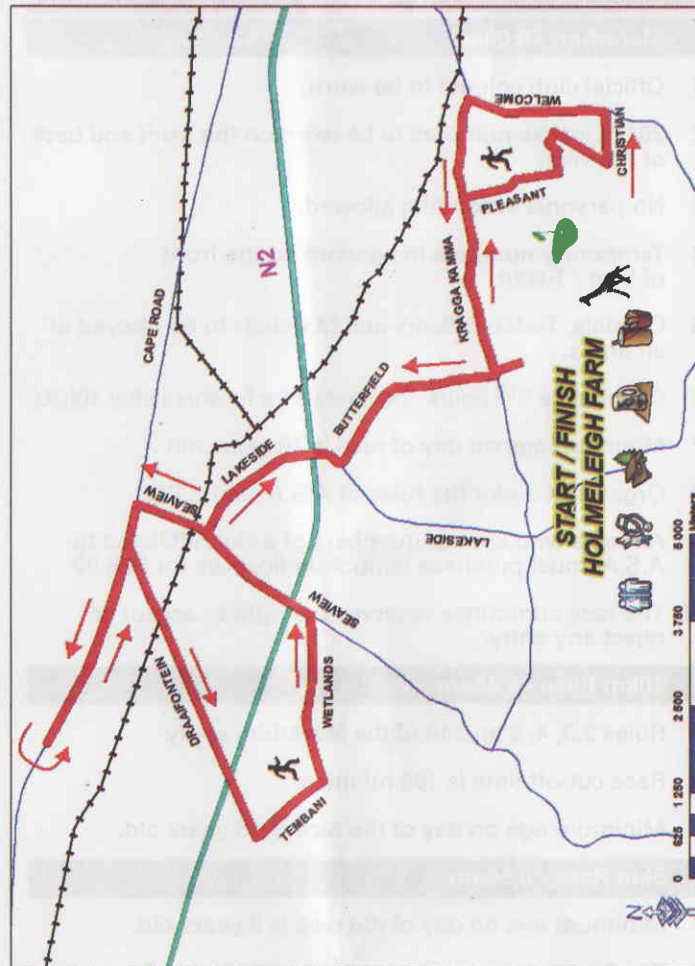


General Race Information

- Race held under the rules of A.S.A. and E.P.A. Athletes indemnify the National, Provincial and Regional Bodies, Sponsors and Organisers against all and any actions of whatsoever nature, whatever same may be, arising out of their participation in the race
- The entry fee for the marathon will be R60-00, R30-00 for the 10km and R20-00 for the 5km. Temporary license (if applicable) will be an additional R25-00.
- Entry forms can be handed in at Brian Bands, The Footballer, Action Sports, Sportsmans Warehouse and Brocketts by Wednesday 26 January 2011.
- Race registration and entries will be accepted on Friday 28th January 2011 at Old Grey Club, Lennox Street, opposite Mour Road Police station, Port Elizabeth, between 17h00 and 19h00. They will also be accepted on the morning of the race at Holmeleigh Farm Yard, Kragga Kamma Road.
Marathon - 4:00am to 5:00am
10km - 4:00am to 6:45am
5km - 4:00am to 6:50am
- Postal Entries can be sent to Achilles A.A.A., PO Box 1618, Port Elizabeth 6000, to reach us by no later than Tuesday 25 January 2011
- Cheques made payable to Achilles A.A.A. **No Postal Orders.** Direct Deposits to: Achilles A.A.A., First National Bank, Account No.: 53431088781, Code: 261050, Fax deposit slip to: (041) 367 1710
- 2011 License numbers or temporary numbers to be worn.
- Start/Finish: Holmeleigh Farm Yard, Kragga Kamma Road.
- Permanent numbers for 10+ races.
- Bar facilities, refreshments and food.
- Prize giving at 10:45am
- Race results will be available at www.achilles.co.za or www.theherald.co.za
- GPS Co-ordinates of venue: 38°58'27.33"S 25°26'35.5"E



THE HERALD *Flexider* FRIENDLY CITY marathon 2011

Saturday 29 January 2011

Holmeleigh Farm Yard, Kragga Kamma Road.

Entry Form

Surname: _____
 First Name: _____
 Age on 29/01/2011: _____
 Date of birth: _____
 Sex: M / F Phone: _____
 ID No: _____
 Club (in full): _____
 School/Company: _____
 License Number (2011): _____
 Province: _____

Entry Fee:	Marathon	60-00
	10km	30-00
	5km	20-00
Temp. License:	Marathon/10km	25-00
	TOTAL	

Note: 65 years and over: 50% of race fees

INDEMNITY

I declare that I will abide by the rules and regulations of ASA and EPA and will obey traffic officers and officials at all times. I am medically fit and participate at my own risk and will not hold the organisers, EPA or the sponsors liable for any claim, loss or injury incurred as a result of my participation in the event.

Signed: _____
 Date: _____
 Signature of parent/guardian
 if under 18: _____

In accordance with the rules of the E.P.A. and A.S.A.



THE HERALD

Flexider
SOUTH AFRICA