

**ENTRY FORM****ERFENIS DAM MILE 2009****RACE NO:****RACE DETAILS:**

Saturday 28 November 2009

**VENUE:**

Erfenis Dam Nature Reserve Theunissen

**CONTACT DETAILS:**

Cell: 0828061648 (Hannelie)

**WEBSITE:**

www.erfenisdammile.co.za

**ENTRIES AND FEES PAYABLE** - Please indicate which event you are entering by placing an X in the box

			Before 31 Oct	1-21 Nov	Day of Event	
<b>9h00</b>	Event 1	Full Standard X-terra Triathlon	R120.00	R140.00	R160.00	R <input type="text"/>
	Event 2	Team Triathlon (3 persons)	R160.00	R180.00	R200.00	R <input type="text"/>
	Event 3	80Km Mountain Bike Race	R80.00	R100.00	R120.00	R <input type="text"/>
	Event 4	40Km Mountain Bike Race	R60.00	R80.00	R100.00	R <input type="text"/>
<b>9h15</b>	Event 5	20Km Mountain Bike Race	R50.00	R70.00	R90.00	R <input type="text"/>
<b>9h20</b>	Event 6	10Km Fun Run	R40.00	R60.00	R80.00	R <input type="text"/>
<b>9h30</b>	Event 7	1500m Womens Swim Open	R60.00	R80.00	R100.00	R <input type="text"/>
	Event 8	1500m Mens Swim Open	R60.00	R80.00	R100.00	R <input type="text"/>
<b>11h00</b>	Event 9	3000m Swim Open	R60.00	R80.00	R100.00	R <input type="text"/>
					<b>Total:</b>	R <input type="text"/>

**BANK DETAILS:** FNB, Acc no: 53880013256, Cheque Account, Branch: 230435**NB\***

Entry fees are per person per event.

**ENTRIES:****Online entries:** [www.erfenisdammile.co.za](http://www.erfenisdammile.co.za)

Closing Date: Friday 20 November 2009

**Postal:** P O Box 18, Theunissen, 9410

Closing Date: Friday 20 November 2009

**Postal Entries:**Please enclose cheque or postal order made payable to ERFENIS DAM MILE.  
Post dated cheques and entries without payment will not be accepted**PERSONAL INFORMATION**

First name: \_\_\_\_\_

Surname: \_\_\_\_\_

Gender

 Male Female

Date of Birth: \_\_\_\_\_

ID no: \_\_\_\_\_

Age at Race: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Cell: \_\_\_\_\_

Postal Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

If Scholar – Name of School: \_\_\_\_\_

Grade 2009: \_\_\_\_\_

I am entering as:

 Individual School Team

Emergency Contact:

Name: \_\_\_\_\_

Cell no: \_\_\_\_\_

Special Medical Conditions: \_\_\_\_\_

Medical Aid:

 yes No

Medical Aid Name: \_\_\_\_\_

Medical Aid Number: \_\_\_\_\_

**RELEASES & WAIVER**

In consideration of the acceptance of my entry, I, for myself, executors, administrators, assigns, heirs, do hereby release and discharge Midmar Mile, Erfenis Dam Nature Reserve and all their sponsors, any and all voluntary groups, all medical personnel any and all authorities from claims for injuries, death, damage, and property loss I may suffer caused by negligence of any of them and arriving out of my participation in the event including pre and post race activities. I am physically fit and sufficiently trained to participate in this event and assume all risks for participation. I accept all rules, conditions and regulations which includes terms of payment of entry fee and will comply with them. I also grant permission to Midmar Mile and Erfenis Dam Mile and its authorized agents to use my name, photographs, video tape, broadcasts, telecasts, advertising promotion or other account of this event free of charge. I agree that no gazebos, banners, flags, umbrellas or any such similar material, bearing any company or club logos will be placed without the organizers express consent to do so. Failure to comply will result in any of the aforementioned being removed without warning and possible disqualification of the associated entrant/s.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

(If under 18 yrs parent or Legal Guardian to sign)