



THE LONGEST DAY 2018 INDIVIDUAL ENTRY FORM

First name and surname:.....

Gender..... Birth date:.....

Club Name:..... ASA Licence No.

I.D. No..... Province.....

Passport No. (Non-resident).....

E-mail address

Cellphone no.:..... Permanent Race No.:.....

How many Longest Day solo medals have you earned.....

Helper's Name:..... Relationship:.....

Event entered:

Solo Run

Solo Walk

Lane Preference (Runners only):

Middle Lane

Outside Lane

Entry fee: R320

Temporary Licence required: Y N R35 Total: R_____

INDEMNITY

I declare that I am physically and medically fit to participate in this event. I participate at my own risk and indemnify the Organizers, Officials and sponsors of the event against any accident, injury, illness, damage or loss whatsoever which may arise as a result of my participation.

Signature

THE LONGEST DAY 2018 TEAM ENTRY FORM

Team name:.....

Team members' first name and surname:

1..... 2..... 3.....

Club Name:

1..... 2..... 3.....

ASA licence no.

Birth Date:

1..... 2..... 3..... 1..... 2..... 3.....

How would you classify your team? (some examples – a club team; all women team; a family team; a mixed team; an age category team etc)

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Event entered:

Team Run

Team Walk

Lane Preference (Runners only):

Middle Lane

Outside Lane

Entry fee: R 480 (R160 per person)

Temporary Licences required: @ R35 Total: R_____

INDEMNITY

We declare that we are physically and medically fit to participate in this event. We participate at our own risk and indemnify the Organizers, Officials and sponsors of the event against any accident, injury, illness, damage or loss whatsoever which may arise as a result of our participation.

Signatures:

1..... 2..... 3.....