



THE LONGEST DAY 2019 INDIVIDUAL ENTRY FORM: ENTRY FEE R320

First Name and Surname:..... Gender.....

Birth date: Club Name :.....

I.D. No..... Cellphone No: :.....

Permanent Race No.: How many solo medals have you earned:

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

Event entered:

Solo Run

Solo Walk

Lane Preference (Runners only):

Middle Lane

Outside Lane



INDEMNITY & CONFIRMATION

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.

I confirm that I have read the rules of the event and undertake to abide by them.

Signature Date:.....

LONGEST DAY SPONSORS

<h1>POWACORP CC</h1> <p>Electrical Contracting, Construction, Maintenance, Automations & Compliance Testing Martin Roestof Cell: 083 636 1224 289 Bulwer Street, Pietermaritzburg 3201</p>	
<h2>Polly Shortts Family</h2> <h3>Pick n Pay</h3> <p>1 Claveshay Road, Cleland . Pietermaritzburg. Telephone: 033-3966333</p>	
	 <p>Quality charcoal and briquettes Telephone 033-3421338</p>



THE LONGEST DAY 2019 TEAM ENTRY FORM: ENTRY FEE R480 PER TEAM

Team Name:..... Team Cellphone No.:.....

First name and surname Identity number Club Name

Team member 1:

1.....

Team member 2:

2.....

Team member 3:

3.....

How would you classify your team? (e.g. a club team; all women team; a family team; a mixed team; an age category team)

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

Event entered:

Team Run

Team Walk

Lane Preference (Runners only):

Middle Lane

Outside Lane

INDEMNITY & CONFIRMATION

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.

I confirm that I have read the rules of the event and undertake to abide by them.

Signatures :

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

Date:.....