

Entry Form - Western Cape Cross Country # 1 - 2010

Lic No>	<input type="text"/>	Member Number or Ref>	<input type="text"/>	Race Number	
Surname>	<input type="text"/>			<input type="text"/>	
1st Name>	<input type="text"/>	Gender [M/F]	<input type="text"/>	Cat>	<input type="text"/>
ID No>	<input type="text"/>	Date of Birth>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Postal	<input type="text"/>	Cell	<input type="text"/>	<input type="text"/>	<input type="text"/>
Address	<input type="text"/>	Fax	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<input type="text"/>	P/c	<input type="text"/>	Home	<input type="text"/>
Email	<input type="text"/>	@	<input type="text"/>	<input type="text"/>	<input type="text"/>
Emergency Contact Person - Name	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Mobile	<input type="text"/>	-	<input type="text"/>	Home	<input type="text"/>
Your Med Aid	<input type="text"/>	Number	<input type="text"/>	<input type="text"/>	<input type="text"/>
Club	<input type="text"/>	Team	<input type="text"/>	<input type="text"/>	<input type="text"/>

Please **CIRCLE** the category you are entering below *Age as on 31st December 2010*

Fun Women [open]	FW	08.45	Fun Men [open]	FM	08.45
Nippers Girls & Boys [U-10]	NP	09.05	Sprog Boys [10 - 12]	SB	09.00
Sprog Girls [10 - 12]	SG	09.00	Sub Junior Boys [13 - 14]	JB	09.30
Sub Junior Girls [13 - 14]	JG	09.40	Youth Men [15 - 16]	YM	09.20
Youth Women [15 - 16]	YW	09.40	Junior Men [17 - 18]	JM	09.15
Junior Women [17 - 18]	JW	09.40	Intermediate Men [19+]	IM	10.30
Intermediate Women [19+]	IW	10.30	Under 23 Men [19 - 22]	UM	10.30
Under 23 Women [19 - 22]	UW	10.30	Elite Men [19+]	EM	10.30
Elite Women [19+]	EW	10.30	Sub-Vet Men A [30 - 34]	SVA	11.00
Sub-Vet Women A [30 - 34]	SWA	11.15	Sub-Vet Men B [35 - 39]	SVB	11.00
Sub-Vet Women B [35 - 39]	SWB	11.15	Veteran Men A [40 - 44]	VMA	11.00
Veteran Women A [40 - 44]	VWA	11.15	Veteran Men B [45 - 49]	VMB	11.00
Veteran Women B [45 - 49]	VWB	11.15	Master Men A [50 - 54]	MMA	11.30
Master Women A [50 - 54]	MWA	11.15	Master Men B [55 - 59]	MMB	11.30
Master Women B [55 - 59]	MWB	11.15	Grand Master Men [60+]	GM	11.35

BOOKING DETAILS: FNB. BRANCH CODE: 271 344. ACCOUNT NUMBER: 620 672 92913. ACCOUNT NAME: NEOLA TRADING

INDEMNITY and WAIVER: I undertake to participate in the above event entirely at my own risk. I agree that I shall have no claim whatsoever against the organisers, officials, marshalls, helpers, sponsors, any local authority or any landowner or the employees or servants of any of the above parties for any loss, damage or injury whatsoever which I may suffer as a result of my participation in this event including my arrival thereat and departure therefrom and any ceremonies of functions thereof. In the event of my signing this form as a guardian of a minor, I hereby consent to such minor being bound by the waiver including to the extent to which he/she is not capable of waiving his/her rights as stipulated above. The wearing of helmets is compulsory

Participant: _____

Parent/Guardian [if under 18] _____

Date _____