



LIMPOPO
PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF
SPORT, ARTS AND CULTURE

2016 Big Walk Entry Form

Name: _____ Surname: _____

ID Nr: _____ Gender: ☐ Male ☐ Female

Race: _____ Age: _____ Cell Nr: _____

E-mail: _____ Emergency contact no: _____

Province: _____ Club: _____

District: _____ Organisation: _____

Department: _____

Disability: Yes / No, If yes state _____

Race: ☐ 5km ☐ 10km ☐ 15km

T-shirt sizes: ☐ XS ☐ S ☐ M ☐ L ☐ X ☐ XL ☐ XXL ☐ XXXL

Release and Waiver

By entering, I declare that I agree to abide by the rules of the race and the rules of ASA and AGN. I am physically fit and sufficiently trained to participate in this event. I will participate at my own risk and hereby, for myself, my executors, heirs administrators and assigns, indemnity against and release, and discharge the National and Provincial bodies, sponsors, organizers, volunteer groups, medical personnel and local authorities from any action or claim of whatever nature caused by the negligence of them and/or out of my participation in this event, including pre-and post race activities.

- No blade, cyclist or mechanically operated device is allowed in the walk.
- No animals allowed on the walk.
- No iPods or listening devices.
- All traffic officers and officials instructions to be obeyed.
- Water stations will be positioned every 3kms.
- Assisted wheelchairs are welcome on certain routes.

NB: The children must be accompanied by their parents. Children under age of 10 will be only allowed to walk 5km under the guidance of their parents or guardians. Unsupervised child under age of 10 will not be allowed to participate in the walk. Children between age of 11 and 15 will be allowed to walk 5km to 10km only. The legal guardian must sign on behalf of the child.

Name: _____ Signature: _____ Date: _____

Completed forms should be e-mailed to mathonsiv@sac.limpopo.gov.za or 086 602 7616(F) or Rhulani Jagome Jagomer@sac.limpopo.gov.za (015) 284 4508(F)



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Rules and General Information

- Traffic officers and race marshals shall be obeyed.
- Members of the club, Department hosting the event may not participate.
- No iPods or listening devices

Walking age:

- 2-9 years old may walk 5km (accompanied by parents/ legal guardian)
- 10 - 14 years old may walk 5km to 10km
- 15 years upwards may walk 5km, 10km, 15km
- 75 years upwards may walk only 5km
- 60 – 70 years old may walk 5km to 10km
- Medical support will be present on the day
- Water points - every 3Km
- Starting time : 07h00
- End time: 11h00

Activities: - 11h00 – 14h00

- Aerobics
- Senior Citizen's Corner
- Music

For young ones Children corner:-

- Face painting
- Jumping castle
- Clowns

For more information, please contact DSAC (015) 284-4000/4026 or visit

www.sac.limpopo.gov.za