

Knysna Forest Marathon 2024

Race Category: Full 42.2km: Half 21.1km: Number of Completed
Wedren Katagorie: Vol 42.2km: Half 21.1km: Forest 42.2km marathons

E-mail Address:
E-pos Adres:

First Name:
Voornaam:

Surname:
Van:

Date of Birth: Day Month Year
Geboortedatum:

Age on 07/07/2024 Gender M: F:
Ouderdom op 07/07/2024: Geslag M: V:

Form of Identification: South African ID Number Passport Number

ID/ Passport Number:

Postal Address:
Posadres:

Province:

Postal Code:

Country:

Cellphone Number:
Selfoon Nommer:

Emergency Contact Person:
Noodgeval Kontak Persoon:

Emergency Contact Relationship:
Noodgeval Kontak Verwantskap:

Emergency Contact Number:
Noodgeval Kontak Nommer:

Medical Aid Name:
Mediese Fonds Naam:

Medical Aid Number:
Mediese Fonds Nommer:

Your brand of running shoe: Adidas (01) Asics (02) Hi-tech (03) Puma (04) New Balance (05)
Skoene waarin jy hardloop: Nike (06) Reebok (07) Saucony (08) Other (09)

Are you a member of an ASA running club? Yes: Nee:
Is jy 'n lid van 'n ASA hardloop klub? Ja: No:

Club:
Klub:

2024 License Number:
2024 Lisensie Nommer:

Knysna Forest Marathon 2024

T-Shirts : No Yes

T-shirt Size : XS: S: M: L: XL: XXL:
 T-hemp Groote: XK: K: M: G: XG: XXG:

XS = 48cm ; S = 50cm ; M = 53cm ; L = 56cm ; XL = 59cm ; XXL = 61cm . Measured across your chest Armpit to Armpit . T-shirts not collected in person at Friday registration will be sold for Charity on the Saturday

PAYMENT

	Direct cash deposit	<input type="checkbox"/>	EFT	<input type="checkbox"/>	CARD	<input type="checkbox"/>
		42.2km			21.1km	
Entry Fee	R270	<input type="checkbox"/>		R 250	<input type="checkbox"/>	
Without a t-shirt						
Long sleeve Moisture Management T-Shirt	R250	<input type="checkbox"/>		R 250	<input type="checkbox"/>	
Temporary License	R 45	<input type="checkbox"/>		R 45	<input type="checkbox"/>	
Voluntary Donation to the event Charities		<input type="checkbox"/>			<input type="checkbox"/>	
TOTAL		<input type="checkbox"/>			<input type="checkbox"/>	

INDEMNITY & WAIVER

By entering this event I undertake to be bound by the rules and regulations of the event including those of WA and ASA. I warrant that I am in good health and aware of the risks and dangers and physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organizers of the event, all sponsors, persons and organizations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

Minor Release: and I the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

Printed name of participant.....

(parent/guardian in the case of a minor).....

Phone:..... Signature:.....

Date:.....

I have read and understand the Race info and rules as posted on the event website and will abide by them.

Signature

Date

Parent / Guardian (if under 18)