



ESKOM MITCHELLS PLAIN WHEELCHAIR RACE 2010

Entry Form

Personal Information (Print please)

Name: _____ Surname: _____ Age: _____

Postal Address: _____

Town: _____

Contact number (home/cell): _____

Medical aid name and number (if appropriate): _____

Name of contact person in case of emergency: _____

Telephone number of contact person in case of emergency: _____

Indicate any allergies: _____

Race Category

It is very important that you complete this section correctly. See categories for information about type of wheelchairs for each event.

If you are uncertain, please contact Nokuzola on 021 370 2349 or Esmé on 021 975 6078.

22,1 km (complete number 1, 2 and 3)

1. Male or Female

2. Quad or Para

3. Racing Chair or Hand Cycle and Clip-on

6,4 km (complete number 1 and 2)

*This race will **only** allow standard wheelchairs (these include wheelchairs with three-wheels).*

1. Male or Female

2. Quad or Para

800 m (tick one)

* Fun walk (with helper pushing chair). Name of helper:.....

**Inter-corporate relay (4 members)

** Inter-school relay: Junior (4 members younger than 12 years)
 Senior (4 members between 12 and 18 years)

Quad race (self-propelling)

Power chair race

Fun walk with crutch(es)

*For the fun walk: The helper's name must be included on the entry form. The helper will receive a complimentary MPWC T-shirt.

**For the Inter-corporate relay and the Inter-school relay: A team consists of four members. Each team member must complete an entry form and will receive a goody bag. See entry fee.

Please provide the name of your team/company/school here:

T-Shirt size of participant and helper (*if applicable): S M L XL XXL

ENTRY FEE	
All races, except Inter- School relay and inter-corporate relay:	R30.00 per person
Inter-Corporate Race:	R100.00 per team of four
Inter-School relay:	R 40.00 per team of four
Fun walk with helper:	R 30.00 per race (No registration fee for helper required)

RULES

- Non-disabled people are not allowed to participate in any of the events except for the fun walk (with helper), the inter-corporate relay and the inter-school relay.
- Participants in the 22.1km and 6,4km races must be 18 years or older.
- Participants in the inter-school relay must be younger than 18.
- Participants entering for the 800m 'Fun walk with a helper' must arrange for their own helper to push the wheelchair. The organisers are under no obligation to provide helpers on the day.
- All participants must supply their own wheelchairs except for the relay events.
- Participants who have entered incorrectly into a race will be disqualified from the race.
- Only wheelchairs specified for a specific event will be allowed. (See page 1/ front page of entry form)
- Entries close on the 24th of October 2010. No late entries will be considered. No changes to entries will be allowed after this date.
- No refunds on cancellations of entries will be permitted after the 24th of October 2010.
- Entry fees, goody bags and race numbers are non-transferable.
- Marshalls and officials must be obeyed at all times.
- The race is subject to the rules of the WCRC Facility Board and the Western Cape QuadPara Association.
- Except for the relay races, all other races will only take place provided there are at least 3 participants. Winning prizes for sub categories such as male and female in the 22.1 and 6.4 km events will only be awarded to 2nd and 3rd winners if there are 5 or more persons per sub category. If not, there will only be a winning prize for the 1st male and female winners.
- Helpers in the 800m Fun walk will not qualify for any prizes.
- Relay teams will qualify for a group prize awarded only for the 1st place. All other races in the 800 m will be awarded a 1st, 2nd and 3rd prize if there are more than 5 participants per race.
- All athletes will be entered into the lucky draws.
- The decision of the judges regarding the winners of the races will be final and WCRC, its Facility Board or the QuadPara Association will not enter into any discussion in this matter.
- The Organisers reserve the right to allocate prizes at their discretion.
- No private vehicles will be allowed on the routes.
- ONLY ONE HELPER PER CHAIR permitted in the Fun Walk. Helpers are not permitted to run with chairs.
- Cut-off time for the 22,1 and 6.4km race is 2 hours. All athletes in the 22,1 km race must wear crash helmets.

Indemnity and Waiver: Participants of the Mitchells Plain Wheelchair Race and their carers, hereby indemnify the PGWC: DOH, WCRC, WCRC Facility Board, Lentegur Hospital, QAWC against any unforeseen medical events, losses or damage they may suffer during the period of the Wheelchair Race and hereby abandon any claim they may have for whatever reason and undertake not to lodge any such claim.

Signature of Participant (Parent/Guardian if under 18)

Date

Name of parent/ guardian (if under 18)

Tel number:

Entries close on the 24th of October 2010. All entry forms must be accompanied by proof of payment. Return completed entry forms and proof of payment to Mrs Oosthuizen at Reception, Western Cape Rehabilitation Centre (Fax: 021 3702400) or fax forms to Esmè at 086 5188 722. Email: Maosthu@pgwc.gov.za or Esmè: qawc@telkomsa.net

Banking details

WCRC Hospital Facility Board

ABSA, Goodwood

Branch code: 512 710

Account number: 40 6775 3915

Reference: 'RACE 2010' and your surname. **For example: RACE 2010 Smith**

