



**37th GAUTENG NORTH MASTERS TRACK & FIELD CHAMPIONSHIPS
PILDITCH STADIUM ♦ PRETORIA-WEST**

DATE: 23 & 24 March 2018
ENTRIES CLOSE: 12 March 2018 – **NO LATE ENTRIES**

First Name: _____ **Surname:** _____

Address: _____

_____ **Code:** _____

E-mail Address: _____ **Province:** _____

Tel(Home): _____ **Tel(Cell):** _____ **Date of Birth:** _____

2018 ASA Licence No: _____ **Age Group:** _____ M F
(e.g M40 / W55)

I declare that my date of birth is correct, that I take part at my own risk, that I shall not hold the organisers responsible for any occurrence that may arise from my participation and that I abide by the rules as laid down by WMA, SAMA, and ASA/IAAF (where applicable).

DATE: _____ **ATHLETE'S SIGNATURE:** _____

| No. | Event | No. | Event |
|-----|-------|-----|-------|
| 1 | | 6 | |
| 2 | | 7 | |
| 3 | | 8 | |
| 4 | | 9 | |
| 5 | | 10 | |

| | | | |
|--------------------------------------|---------|----------|----------|
| 1 st Event | R55.00 | | R 55.00 |
| 2 nd Event and thereafter | R45.00 | X | R |
| Throwers Pentathlon | R100.00 | | R |
| Temp No | R40.00 | | R |
| T- Shirt: Small to XXXL | SIZE: | R 130.00 | X |
| TOTAL | | | R |

NOTE: ALL MONIES TO BE PAID IN ADVANCE

| Banking Details | Fax / Email Entry & Deposit Slip to: | Post Entries To: | Contact Person: |
|---|---|--|--|
| ABSA Bank Account No. 909 772 9660 Branch - Brooklyn Code - 632005 | Fax: 086 511 4928 or e-mail: gretha.viljoen45@gmail.com | Gauteng North Masters Athletics 1211 Rist Avenue Queenswood, 0186 | Gretha Viljoen 012-333 8491 / 082 625 5189 |

37th GAUTENG NORTH MASTERS TRACK & FIELD CHAMPIONSHIPS
PILDITCH STADIUM ◊ PRETORIA-WEST ◊ 23 & 24 MARCH 2018

GENERAL INFORMATION:

- All participants to report at the entry table.
- Athletes 80 years and above only pay R80 entry fee, (maximum of 3 items), thereafter paying R45 per item (from item number 4).
- Entries as well as medals are unlimited per athlete. Medals will be awarded to the first three athletes in each age group.
- Athletes must have a 2018 ASA permanent licence number or buy an ASA temporary licence number as per ASA rules. For athletes with a temporary licence number, it should be worn on the front of the vest, with the exception of the hammer throw and weight throw items, where they are worn at the back. Please remember your own safety pins.
- Athletes taking part, wearing a temporary license number, should take note that your results do not qualify for any possible national / world records and will also not count for the possible qualification for SAMA national colours.
- Participation to be as prescribed by ASA / SAMA / WMA / IAAF rules.
- Anti-doping measures applicable as per IAAF rules.
- The wearing of age category tags is compulsory, as per prescribed rules. This is also applicable to athletes wearing temporary licences.
- Athletes competing in track events must ensure that they wear the supplied stickers with the relevant information
- Athletes competing in field events may only have practice attempts on the field under the control of an Official. No practice throws or jumps will be allowed after the official starting time. Late-comers will forfeit previous attempts.
- Changing of items on the day of the meeting will NOT be allowed.
- SA records: - The onus is on the athlete to see that the paperwork is done.
- Runners / walkers participating in the longer track items (800m to 5 000m) will be asked to leave the track, if they are unable to complete the race in the allocated time frame, as per championship program starting times. This is necessary to ensure that we stick to the starting times on the program.

ACCOMMODATION (Please confirm prices when making bookings)

Rietondale Lodge - 259 Soutpansberg Road, Rietondale, Pretoria
Tel: 012 - 329 2910; E-Mail: accommodation@rietondalelodge.co.za
Website: www.rietondalelodge.co.za

Rates: Single Room – R440.00 pp; Double Room – R600.00 pp to R880 pp
or two persons sharing – R400.00 pp to R600.00 pp. Kids 0-5yrs free.

Kids 6-12yrs - R250.00 pp. Kids in own rooms, normal tariff.

Accommodation rates: Includes Breakfast

*** About 7km from stadium

Lamaison Guest House – 235 Hilda Street, Hatfield

Tel: 012 – 430 4341; Website: www.lamaison.co.za

E-mail: bookings@lamaison.co.za

Rates – R550.00 pp. Continental breakfast included

*** About 8km from stadium

Carin's Guest House - 69 Doreen Street, Colbyn

Tel: 012-430 3490 or 082 376 3414; E-mail: info@carins.co.za

Website: www.carins.co.za

Rates: Double room R800.00 (two persons sharing), Single rooms R550.00pp. Breakfast included.

(Also available without breakfast)

*** About 9km from stadium

Sun 1 Hotel – 81 Pretorius Street, Pretoria Central

Tel: 012 - 323 8331 or Cell 083 454 2491;

E-mail: lilanie.blignaut@tsogosun.com Website: www.tsogosun.com

R529.00 per room (sleep 2 persons) *** About 2km from stadium

Dunkelly Self Catering or B&B – 43 Arnold Road, Irene, Centurion

Tel: 012- 667 1207; Website: www.dunkelly.co.za

Rates - Single – R390.00; Double – R490.00 (R245.00 pp sharing)

No breakfast, self catering *** About 18km from stadium

Blue Periwinkle – 53 Queen Street, Irene, Centurion; Tel: 012 - 667 1869

Cell: 082 579 6959; Website: www.blueperiwinkle.co.za

Rates: Single – R450.00; Double – R300.00 per person sharing

Accommodation rates: Breakfast - R70.00 *** About 18km from stadium

Sonia's Cosy Cottage – 145 Pine Avenue, Bronberrik, Centurion

Tel: 012 – 660 3368 / 083 633 6777; Website: www.soniascosycottage.co.za

Rates – Single – R475.00; Double: R375.00 per person sharing

Self catering unit - R750.00 (2 persons) Breakfast – R70.00 per person.

Good security. Free wi-fi *** About 16km from stadium

Burgers Park Hotel – 424 Lilian Ngoyi Street, Pretoria Central

Tel: 012 - 322 7500; E-mail: burgerspark@sierrahotels.co.za

Website: www.sierrahotels.co.za

R990.00 pp (breakfast included)

***About 3km from stadium

Airbnb <https://www.airbnb.com>
