



**38th GAUTENG NORTH MASTERS TRACK & FIELD CHAMPIONSHIPS
PILDITCH STADIUM ◇ PRETORIA-WEST**

DATE: 29 & 30 March 2019
ENTRIES CLOSE: 18 March 2019 – **NO LATE ENTRIES**

First Name: _____ **Surname:** _____
Address: _____
 _____ **Code:** _____
E-mail Address: _____ **Province:** _____
Tel(Home): _____ **Tel(Cell):** _____ **Date of Birth:** _____
2019 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		R55.00
2 nd Event and thereafter	R45.00	X	R
Throwers Pentathlon	R100.00		R
Temporary Licence Number	R45.00		R
Donation - Throwers Pentathlon (Only GNMA Athletes)			R
Donation – General Events (Only GNMA Athletes)			R
Boerewors Roll (Saturday only)	R25.00	X	R
Raffle: Lamb pack (Value R2 200)	R50,00	X	R
T- Shirt:: Small to XXXL SIZE:	R 130.00	X	R
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 082 625 5189

38th GAUTENG NORTH MASTERS TRACK & FIELD CHAMPIONSHIPS
PILDITCH STADIUM ◊ PRETORIA-WEST ◊ 29 & 30 MARCH 2019

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 2019 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 – R500.00 pp. Continental breakfast included

*** About 8km from stadium

Crown Guest House - 69 Doreen Street, Colbyn

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

Website: www.crownguesthouse.co.za

Rates: Double room R850.00 (two persons sharing), Single rooms R650.00pp. 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

R616.00 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 – R450.00 self-catering; Double – R600.00 self-catering (R300.00 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

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

Breakfast - R70.00 *** About 18km from stadium

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

Tel: 012 – 660 3368 / 083 633 6777;

E-mail: scc@mweb.co.za; 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

R1080.00 pp (breakfast included)

***About 3km from stadium

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