

# SHOE CLINIC ASICS 5K SERIES 2023 – COMPETITIVE RACE



Name: \_\_\_\_\_

Phone or email: \_\_\_\_\_

Club: \_\_\_\_\_

Registration number: \_\_\_\_\_



	Senior Men	Senior Women	Masters Men 35-44	Masters Women 35-44	Masters Men 45-54	Masters Women 45-54	Masters Men 55+	Masters Women 55+
Grade:								

I have read and accepted the conditions of entry on the reverse of this form.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



Christchurch Avon  
Athletic Club

## Start time:

Competitive Race: 5.45 pm

## Entry Fee

\$5, plus a one-off sanctioned fee of \$10 for unregistered athletes.

## Entries

Entries will be taken on the evening up to 15 minutes before the start of the Competitive Race. Each competitor will be given a race number to wear. This number must be visible to claim positions and times. Competitors who have paid online must still complete an entry form on the night.

## Health and Safety

All entrants agree to follow all health and safety instructions of officials. As the start is congested, do not change direction. Be aware of others around you. Hagley Park is a public facility so please respect other park users. Entrants being overtaken must give right of way to faster runners. Please keep the park tidy by using the bins provided.

## Performance Prizes

Performance Prizes will be presented in each grade for competitors in the Competitive Race, with results collated over the five races of the series. All Performance Prizes will be presented at a ceremony to be held at 7.00 pm after the last race of the series. Complete rules are available at the entry table. Entrants in the Competitive Race are not eligible for Sport Prizes.

## Conditions of Entry

All entrants in the Shoe Clinic Asics 5K Series take part entirely at their own risk. Entrants agree that Port Hills Athletic Club may use results and images from the Shoe Clinic Asics 5K Series for publicity purposes.

