

THE 1000 KM & 5KM CHALLENGE ENTRY FORM

2025 / 2026 SEASON

Charity - Irene Homes – Enabling people with intellectual disabilities



Surname	
First name (s)	
Identity number	
Full birth date	
Gender	
Your ASA licence no.	
Province	
Club	
Challenge Permanent number (if applicable)	
Years & number of challenges completed up to 2025	
What is your shirt size?	
Are you entering as a walker / runner / wheel-chair / blind athlete?	
Are you entering the 5km or 1000km (from 250 km's)?	
Email address	
Cell phone number	
Telephone no. Home	
Telephone no. Work	

I hereby agree to abide by the rules of the **1000 KM / 5 KM Challenge**.

Signature: _____ Date: _____

(2025 - 2026 entry)

Entry 1000 km (**R540 including shirt** or R340 excluding shirt) up to 1 January 2026

Entry 1000 km (**R560 including shirt** or R360 excluding shirt) after 1 January 2026

Entry 5 km (**R350 including shirt** or R150 excluding shirt)

Method of Payment: Cash Deposit / Electronic Funds Transfer:

Capitec Bank, Branch number: 47 00 10

Savings Account number: 149 297 3651 Account Name: H Fourie

Send proof of payment to email: Email: 1000walking@gmail.com

Contact no: 0829230831