

Die Gourits-Hond

Wedloop

19 December 2020

10KM & 5KM

Venue: Gouritsmond Gemeenskapsaal

Men 10Km

Start @7h00

Women 10Km

Start @7h15

Fun run 5Km

Start @ 8h00

NO SPECTATORS ALLOWED AT EVENT

ALL ATHLETICS MUST REPORT

1 HOUR BEFORE EVENT START

Vir meer besonderhede

Koos Smit 0768741814

Ferdie Nel 0832942640

For more information

Marlene Smit 0833598206

Petro Nel 0722596759

Brought to you by:
Hartenbos Drawwers

Held under the rules of ASWD, Proudly Sponserd by
ASA and IAAF:

Albertinia Meubel Vervoer & Seeff



INSKRYWINGSVORM / ENTRY FORM

Inskrywingsinfo/Entry Fee 5km and 10km

ADMIN USE ONLY

* Pre-entry 10km licensed athletes

R60

*Pre-entry unlicensed athletes

R60+R35

R95

Temp Number

ASWD

*5km (No temp license reg)

R20

Fees paid

Yes

No

Tick appropriate box

Surname

First Name

ID Number

Date of birth

y y y y m m d d

Age

Male

Female

Cell Number

Emergency name and number

Emergency person name

Contact number

Postal Address

Email

Club name

2020 License Nr

ASA Province

5km

10km

Run

Walk

Ouderdom kategorie / Age category

14-19

Open

40-49

50-59

50-59

60-69

70+

INDEMNITY / DISCLAIMER

By entering this event, I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and dangers of the physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organizers of the event, all sponsors, persons and organizations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre - and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe; I will immediately discontinue further participation in the activity.

Sign

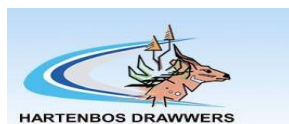
Date

MINOR RELEASE

And I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capacities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this indemnity/waiver on behalf of the minor. Printed name of participant (parent/guardian in case minor)

SIGNED (signed by a parent/legal guardian if the participant is under age of 18)

Date





REËLS EN REGULASIES RULES AND REGULATIONS

- 1) **Age:** Minimum age on race day is 15 years for the 10 km. The minimum age for the 5 km is 7 years, however entrants younger than 7 years can participate in the 5 km if accompanied by a guardian who is 16 years or older.
- 2) **Prize Giving:** No Prize giving after the event, all the athletes who is prize winners will have to fill in the form so that the prize money can be paid into their bank account. 10:00.
- 3) **Age tags:** Participants will be eligible for prizes in the OPEN category tag or junior tags if displayed, visible and above license number front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. (Red age tags/white background (ASA rule 22.9)
- 4) **Seconding:** No seconding from cyclists or private vehicles allowed. Personal seconding, stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 34.8.2).
- 5) **Proof of Age:** Athletes must give proof of age at the request of the Race Referee. (SA ID/Passport/Driver's License/Refugee Permit/Birth Cert.)
- 6) **Foreigners:** No Foreigners are allowed to enter for this event.
- 7) **Safety Rule:** All distances – No earphones (ASA Rule 34.10.6), animals (ASA Rule 34.10.1), racers (ASA Rule 34.10.3) or wheelchairs (ASA Rule 34.10.4) allowed.
- 8) **All road races held subject to the rules of ASA and Athletics SWD. All competitors must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non compliance may lead to disqualification. The Race Referee's decision is final. The race organiser reserves the right to accept/reject any entry received.**
- 9) **Appendix A:** All athletics must fill in this appendix A , except point 10, after temp had taken then point 10 must be fill in the morning and screening must be done to all athletics.
- 10) **Time to report:** All athletics must report a hour before the event that the screening can be done and after screening had been done the athletic cannot leave the control room.
- 11) **Entries:** No online entries, entries forms will be at ASWD office and at all clubs.
- 12) **Payment:** Please do the payment into Hartenbos Drawers account and use Name/Surname and ASA License number please see bank details below.

PLACE	MEN/WOMEN OPEN	MEN/WOMEN JUNIOR	MEN/WOMEN 40 - 49	MEN/WOMEN 50 - 59	MEN/WOMEN 60 – 69	MEN/WOMEN 70+	MEN/WOMAN WALK
1	R300	R100	R100	R100	R100	R100	R100
2	R200						
3	R100						





INLIGTING / INFORMATION

INSKRYWINGS/ENTRIES

Entries can be done during the following event
Gouritsmond at 4 Steenbras Street (Marlene&Koos Smit).
Hartenbos Clubhouse on Tuesdays from 17h30 till 19h00.
Entries will be at ASWD office and at all the clubs
Entry form can also be send by email to
hartenbosdrawwers1@gmail.com

Any time before Thursday 17 December at 07h00 am. All Entries closed on 17 December 2020 at 07h00 am

No entries on day of event due to Covid-19 regulations
Cap entries 500 athletes on the 5km & 10km all together.

For more details please contact:

Ferdie Nel 0832942640 (Hartenbos Drawwers)

Petro Nel 0722596759 (Hartenbos Drawwers)

Koos Smit 0768741814 (Gouritsmond)

Marlene Smit 0833598206 (Gouritsmond)

Men Start 10km 7h00, Women Start 10km 07h15, & 5km 8h00 at Gouritsmond Gemeenskapsaal

Goud/Gold – Eerste/First Men 25, Women 25

Silwer/Silver – Volgende/Next Men 125, Women 125

Brons-The rest who completed the 10km/Die res wat 10km voltooi

5km – Club Color medals for 1st 100 athletics

Eindpunt/Finish line – 10:h00 RRoete is redelik gelyk deur die dorp asook langs die kus met 'n kort gedeelte grondpad. 'n Paar klein heuweltjies kom voor./Route is relatively flat and runs through the town as well as on a stretch of gravel road next to the coast. Very scenic route.

BANK

STANDARD BANK

TAK/BRANCH

Mosselbaai 050414

TIPE REK/TYPE ACCOUNT

SPAAR/SAFE ACCOUNT

REK NO/ACCOUNT NR

38 541 480

PLEASE SEND ENTRY FORM AND PROOF OF PAYMENT TO
HARTENBOS DRAWWERS hartenbosdrawwers1@gmail.com

START

MEDALJES/MEDALS

ROETE/ROUTE

BETAAL/PAYMENT

RACE	ENTRY FEE	TEMP LICENCE FEE	DATE	MIN AGE
Fun Run 5 km	R25,00	None	On race day	7 years
10 km	R60,00	R35,00	On race day	15 years

Vir meer inligting kontak asseblief /

For more information,

please contact:

Marlene: 083 359 8206

Koos: 076 874 1814

Ferdie: 0832942640

Petro: 0722596759





APPENDIX 1

HEALTH QUESTIONNAIRE: SCREENING FOR COVID-19 THIS QUESTIONNAIRE IS TO BE COMPLETED BY EACH PERSON AT THE COMPETITION VENUE

1. Date:						
2. First Name						
3. Surname						
4. Cell phone number						
5. Identity/passport number						
6. Date of birth/Age						
7. Sex	Male		Female		Other	
8. Home address						
9. Temporary address						
10. Temperature						
11. Do you experience any of the following signs and symptoms?						
a. Fever	Yes		No			
b. Cough	Yes		No			
c. Shortness of breath	Yes		No			
d. Sore throat	Yes		No			
e. Loss of taste	Yes		No			
f. Loss of smell	Yes		No			
12. Covid-19 testing						
a. Have you tested positive for Covid-19 in the past 14 days?	Yes		No			
b. Have you been in contact with someone who tested positive for Covid-19 in the past 14 days?	Yes		No			
If all negative, entry will be allowed						
If any positive and/or temperature >38 degrees, refer to local health authorities; not allowed in the stadium.						
ALL SECTIONS ARE COMPULSORY AND MUST BE COMPLETED						
ALL INFORMATION WILL BE TREATED ONFIDENTIALLY						