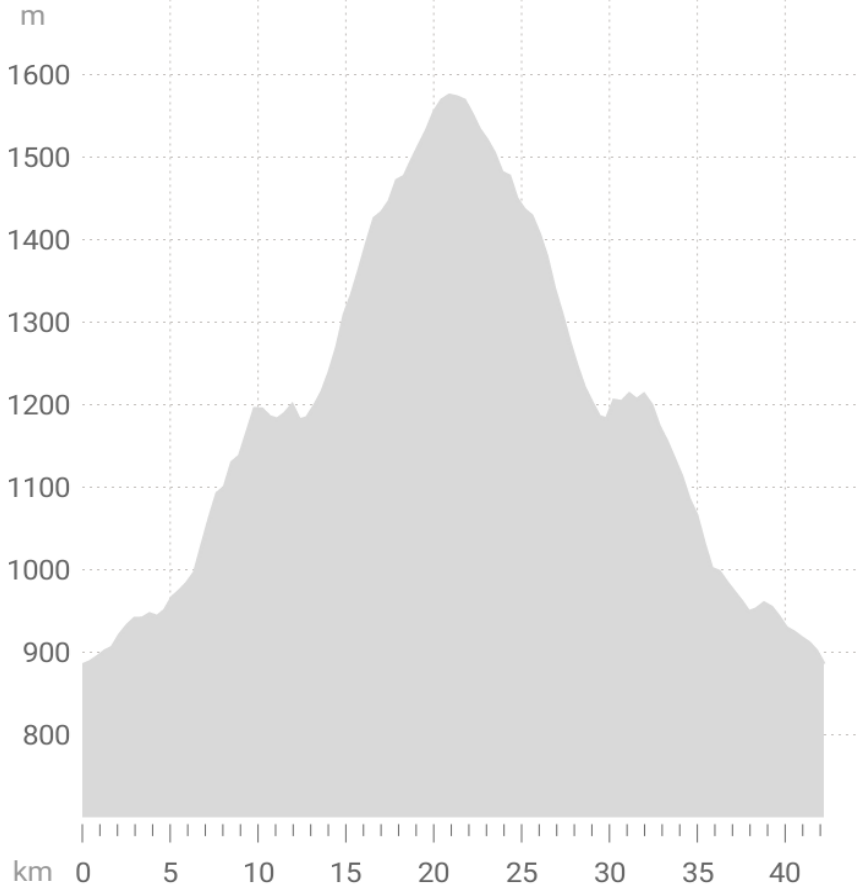


ELEVATION

PACE

HEART RATE



516 M

ELEVATION GAIN

1,575 M

MAX ELEVATION



Beaufort West Marathon

42.2km

21.1km, 10 km

Presented by

BEAUFORT WEST DRAWWERS CLUB



SATURDAY, 25 SEPTEMBER 2021

Supported by



HELD UNDER THE RULES OF ASWD, ASA AND IAAF



This event is timed by IPICO chip. NO CHIP NO TIME

NO MASK, NO ENTRY

INFORMATION

Registration & Pre- Entries:

ONLY on-line entries at www.aswd.co.za until **22 September 2021 at 12.00.**

Please note: (Additional R10 to online entries)

NO LATE ENTRIES

Registration:

Rustdene Stadium on Friday 24 September 2021 between 14:00 to 20:30. (**ONLY UNLICENSED RUNNERS collecting their TEMP LICENSES will be allowed**)

Start:

The 42.2km (06:00), 21.1km (06:15) and 10km (06:30) will start from Beaufort West Rustdene Stadium.

Note: All athletes will be subjected to health screening for COVID19. This compulsory process will start at 05h00. All athletes need to be at the start at 06h00. Kindly complete the attached health screening questionnaire and bring with on race day (**no form, no participation**).

Ablution: Toilets are available at the Start/Finish

First Aid: Available

Hand-outs: Lots of PRIZES to be won

Medals: Medals to all finishers within the cut-off time.

Prizes: **NO PRIZE GIVING CEREMONY**, winners will be paid by EFT/Cash send method.

Leave details on 081 268 6391

Position	42.2kms		21.1kms		10kms	
	Male	Female	Male	Female	Male	Female
1	500		300		200	
2	250		150		100	
3	150		100		50	
Juniour	150		100		50	
40-49	150		100		50	
50-59	150		100		50	
60-69	150		100		50	
70-79	150		100		50	
80+	150		100		50	

Enquiries: Ngwanathole Nong @ 081 268 6391 / ngwanatholenong@gmail.com

RACE TIMING: An IPICO timing chip will be made available, on a loan basis, to all participants apart from ASWD licensed athletes who are to use their current personalised chips. The chip is to be worn on your shoe for the duration of the event. The loan chip is to be handed back at the end of the race in exchange for a medal. Participants will be held responsible for lost or damaged chips or those not handed back as required. It remains your responsibility to return the chip to the race organizer even in the event of not completing the race.

ASWD Licensed athlete take note: Forget your IPICO chip - you will have to pay R20 to loan one for the race. Lost your chip - you will have to pay R75 for a replacement chip.

RULES AND REGULATIONS

Held under the rules ASA and ASWD. 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 organizer reserves the right to accept / reject any entry received.

Club Colours: Athletes must participate in their correct club colours and display the ASA 2021 license numbers on the Front and back of the vest. All other runners must display a temporary number on Front of vest. No advertising allowed.

Cut-off time: 42.2km = 6hrs , 10km=1½hrs OR 21.1km =3hrs(Run)

Distance markers: Will be placed at every kilometre.

Foreigners: All foreign athletes must comply with IAAF rule 142 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on any race day.

Proof of Age: Athletes must give proof of their age at the request of the Race Referee (SA ID/Passport/ Birth certificate / Permanent Residence Permit).

Refreshment tables: Drinking / Sponging stations shall be provided at 5 km intervals or more frequently if weather conditions warrant such provision. Water and other suitable refreshments shall be available at the start and finish of all races.

Road: Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.

Safety Rule (ALL DISTANCES): No Earphone (ASA Rule 34.10.6), Animals (ASA Rule 34.10.1) or Racers (ASA Rule 34.10.3), or Wheelchairs (ASA Rule 34.10.4) allowed.

Seconding: No seconding from cyclist or private vehicles will be allowed on the route. Personal seconding, stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 34.8.2)

Age Tags: Participants will be eligible for prizes in the OPEN category and the age category for which they have entered provided the relevant OFFICIAL ASWD age category tag or junior tags is displayed, visible and above licence number, front and back. Participants may enter the age category corresponding to their chronological age or may younger category down to SENIOR. (**Red age tag**)

COVID19 Regulations: The race organiser reserves the right to accept/reject any entry received, as well as refuse any athletes to participate in the race on race day, who screen COVID19 positive without refund. Only **100** athletes will be allowed to participate across

all the distances. All participants MUST complete a COVID19

screening form prior the race.

ENTRY FORM							
ADMIN USE							
CHIP NO.							
TEMP NO.							
SURNAME							
FIRST NAME							
PROVINCE				LIC NO. 2021			
DATE OF BIRTH	D	D	M	M	YYYY	AGE	
MALE				RUNNER			
FEMALE							
CLUB							
ADDRESS							
CELLPHONE NR.							
ID / BC / PR NUMBER							
E-MAIL ADDRESS							
EMERGENCY CONTACT NR./CELL							
PARTICIPATION AGE CATEGORY JUNIOR / OPEN / 40 - 49 / 50 - 59/ 60 - 69/ 70 - 79/80+							
Central Karoo Athletics Nedbank account: 1211305805, Br Code: 10100600, Type: Current account Reference: NameSurnameDistance							
Race	Entry Fee	Temp Lic Fee	Total				
42.2km	R115.00	R35					
10 km	R55.00	R35					
21.1km	R70.00	R35					
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 physical nature of this sporting event. 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;							
Minor Release: and I the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities 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.							
Datum / Date				Handtekening /			
Parent / Voog If under the age of 18				Signature			