

Die Vleie, Hoekwil Trail Run

30 October 2021

8h00

NG Church, Hoekwil

*Blitz-Bazaar
Pancakes
Curry & Rice
Desert
Coffee & Tea
Cooldrinks*

*8.5 KM Trail
3 KM Fun Run*

www.entryninja.com

ANTON LE ROUX
VERVOER



N L C
NATIONAL LOTTERIES COMMISSION



Cape **Multisport** Eden

RULES AND REGULATIONS

Held under the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials, marshals and/or traffic officials. The Race Organizer reserves the right to accept/ reject any entry received.

Cut-off time: 8.5km = 1.5 hrs.

Distance markers: Will be placed at every 1 km.

Refreshment Tables: Due to Covid regulations, there will be no drinking / Sponging stations. Runners must provide their own water or refreshments.

Road: Athletes must always stay on the right- hand side of the road, unless instructed differently by the marshals.

Safety Rule: No Earphones, no Animals, no Racers nor Wheelchairs allowed on the 10km.

Seconding: No seconding from cyclists or private vehicles will be allowed on the route.

Race	Entry Fee	Minimum Age
Fun Run 3 km	R40.00	8 years if not accompanied by adult
8.5km	R100.00	14 years

RACE TIMING: Runners must wear the race number provided by the organizer on the front of their running vest, the number must be clearly visible to the camera at the finish line. If the camera cannot capture the photo, then there will be no time for the athlete.

COVID: Strict covid compliance will apply, athletes will be screened and signed in, masks must be worn at all times until the start of the race. Please keep your social distance. Health screening questioner to be completed and presented to the screening official the day of the race. No form no race. This [Health Questionnaire](#) **UPDATED 26 July 2021** can be downloaded from <http://www.aswd.co.za/downloads/>

INFORMATION

Pre entries:

1. Enter online at entryninja.co.za
2. Late entries on Saturday 30 October at a R20 premium.
3. Closing date for online entries Tue 27 October 2021 18h00

Registration and late entries at Hoekwil Church:

Registration 6h30 – 7h30 on race day, 30 October 2021

Transport: No transport available

Race Timing: 8.5 km athlete take note: You will be issued a race number that must be worn on the front of your vest and clearly visible to the camera at the finish line. If we can't read your number, there will be no time.

Start: 8.5km NG Church Hoekwil at **8h00**, 3km Fun Run at **8h10**

Finish: NG Church Hoekwil

First Aid: Provided

Medals: Gold, Silver and Bronze handed at the finish for the first 3 finishers for male and female in the 8.5km race, with their prize money. No medal / price giving ceremony. No category prize money, no medals to fun runners. Bronze medals to all finishers within the cut-off time of the 8.5km race. Medals will be on a table at the finish for each runner to collect.

Prize Money (equal for male and female):

10km	OPEN
1st	200
2nd	150
3rd	100

Route: Starting and Finish at NG Die Vleie Church. The route goes through private farmland.

Enquiries: Gerrit Du Toit 0722827995 or info@cmce.co.za

ENTRY FORM

SURNAME								
FIRST NAME								
DATE OF BIRTH	D	d	m	M	yy	yy	AGE	
MALE								
FEMALE								
ADDRESS								
CELLPHONE NR								
BIB NUMBER to be provide by the organizer								
EMAIL ADDRESS								
EMERGENCY Contact / Cell								
Race	Entry Fee		Please Select					
Fun Run	R 40.00							
8.5km	R100.00							

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, 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, 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 this Indemnity/waiver on behalf of the minor.

 Printed name of participant
 (parent/guardian in the case of a minor)

 Phone

 Signature

 Date