

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 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 temporary number on **front** of vest. No advertising allowed.

Cut-off time: 21.1km = 3 ½ hrs, 10km = 1 ½ hrs

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 race day.

Proof of Age: Athletes must give proof of their age at the request of the Race Referee. (**SA ID/Passport/Drivers License/Refugee Permit/Birth Cert**)

Refreshment Tables: Drinking / Sponging stations shall be provided at 3km intervals (Min 2.5km – Max 3.5km apart), 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 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.

Seconding: No seconding from cyclists 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 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 tag**)/white background (**ASA Rule 22.9**)

Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R30.00	None	9 years
10km	R55.00	R35.00	14 years
21.1km	R70.00	R35.00	16 years

SPECIAL NOTE: PLEASE USE MASK ALWAYS EXCEPT FOR DURING PARTICIPATION. ALL ATHLETES NEEDS TO LEAVE THE SITE AS SOON AS RUN/WALK OVER THE FINISH LINE. NO GATHERING/HANDSHAKE/HUGGING ALLOWED AT THE FINISH.



MOSSEL BAY ROAD RACES 2021

HALF MARATHON, 10 KM & FUN RUN

DIAZ MUSEUM 06h00

MOSSEL BAY

27 November 2021

HELD UNDER THE RULES OF ASWD, ASA and WA



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

INFORMATION

NO LATE ENTRIES: Only online entries @ www.aswd.co.za

Close Wednesday 24 November @ 12h00. **(Additional R10 to Online Fees)**

NO REFUNDS!!!

Transport: Own /Private

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.

Start: 21.1km : 06h00

10km : 06h15

Fun Run: 07h00 @ Diaz Museum

Note: All athletes will be subjected to health screening for COVID 19. This compulsory process will start at 05h00. All athletes need to be at the start at 05h45. Kindly complete the attached health screening questionnaire and bring with on race day **(no form, no participation)**.

Finish: Diaz Museum

Ablution: Available at Mossel Bay Yacht Club

First Aid: - Available at start & routes

Medals: PetroSA Medals will be handed out. Medals to all finishers who complete the race within the cut-off time.

No Prize giving: **Winners can collect prizemoney after the event or an announcement will be made when prizemoney are ready.**

Prize Money: Equal prize money for male and female athletes. **[Prize money for disabled athletes will only be awarded if there are three athletes racing in the same specification category E.g.**

No prize money for Fun Run

21.1km OPEN	40 – 49 = 50 – 59 = 60 – 69 = 70-79 =80+ = J = W
Position R500	R150 R150 R150 R150 R150 R150 R150
Position R300	
Position R200	

10km OPEN	40 – 49 = 50 – 59 = 60 – 69 = 70-79 =80+ = J = W
Position R300	R100 R100 R100 R100 R100 R100 R100
Position R200	
Position R100	

Route: Map available at Registration

Welcome: Walkers / Wheelchairs

Enquiries: Soraya De Reuck (0836178325)

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 chips are 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 chip to the race organizer even in the event of not completing the race.

ENTRY FORM

ADMIN USE
CHIP NO
TEMP NO

SURNAME							
FIRST NAME							
PROVINCE					LIC NO 2021		
DATE OF BIRTH	D	d	m	M	yyy	AGE	
MALE					RUNNER		
FEMALE					WALKER		
CLUB							
ADDRESS							
CELLPHONE NR							
ID / BC / PR NUMBER							
EMAIL ADDRESS							
EMERGENCY Contact / Cell							
PARTICIPATION AGE CATEGORY:							
JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70-79/80+							
Race	Entry Fee		Temp Lic Fee		TOTAL		
Fun Run	R30.00		None				
10km	R55.00		R35.00				
21.1km	R70.00		R35.00				

INDEMNITY / DISCLAIMER By entering this event I undertake to be bound by the rules and regulations of the event including those of WA 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, 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.

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

Phone:..... Signature:..... Date:.....