



5KM & 9KM TRAIL RUN 2 October 2021

9km starts at 08:00 | 5km starts at 08:15



PRIZE MONEY

5KM	9KM
R350 1st	1st R700
R300 2nd	2nd R500
R250 3rd	3rd R400

MEDALS

5KM	9KM
1st 5 Ladies Gold	Gold 1st 5 Ladies
1st 5 Men Gold	Gold 1st 5 Men
Next 20 Silver	Silver Next 50
Next 70 Bronze	Bronze Next 90

RACE ENTRY INCLUDES

TRAIL RUN ENQUIRIES:
083 376 7414 | 084 591 3497
Held under the rules of ASA, ASWD and IAAF.



Enter Online: www.entrytime.co.za

Enter Online: www.entrytime.co.za

ENTRY FORM

5km for club members R100

5km for non club members R120

9km for club members R130

9km for non club members R150

Surname

First Name

ID Number

Date of Birth

Club

2021 ASA Number

Cell Number

Telephone

Email

School (if applicable)

Gender

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 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.

MINOR RELEASE

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 or Guardian Signature if under 18 years of age.

DATE

ADMIN USE ONLY Chip Number:

TERMS & CONDITIONS

RULES

- Closing date for entries is 27 September or as soon as 150 have been received for the 9km and 100 for the 5km, unfortunately no late entries will be allowed.
- The wearing of club clothes is not mandatory
- Only the event race number will be worn on the front of the vest.
- Immediate disqualification if a runner tampers with the route markings
- Immediate disqualification if a runner is caught littering.
- Immediate disqualification if a runner damages the trail or any vegetation.
- No water points will be available – runners will be self sufficient.
- Minimum age for entering is 13 years for the 9km trail run and 9 years for the 5km.
- No substitutions will be allowed. No refunds.
- NOTE: no loan chips will be available on race day. All athletes will be subjected to health screening for COVID-19. The compulsory process will start from 6:30 – 7:30. All athletes need to be at the start chute 10 minutes prior to the race time. Kindly complete the health screening questionnaire and bring with on race day (no form, no participation). The form is available on www.aswd.co.za/downloads
- Start chutes close strictly at 07:50 (9km) and 08:05 (5km) on race day for compulsory race briefing. Arrivals after these times will not be allowed to start.
- All runners that finish the trails will receive a medal.

GENERAL

- Start & finish at Redberry Farm, George.
- Cut off times: 9km and 5km is 2 hours.
- Ablution facilities available at Redberry Farm.
- First aid will be available at the start/finish chute.
- Emergency number 083 376 7414
- Race results available at www.aswd.co.za/results

RACE TIMING

- ASWD licensed athletes: no loan chip will be available on race day apart from the timing chips for the non-club members – no chips, no time, no exceptions!

REGISTRATION

- This is a pre entry event.
- The collection of the race number bib and timing chip for non-ASWD athletes (9km and 5km) will take place on Saturday from 06:30 – 07:30 at Redberry Farm.

PRIZE-GIVING

No prize giving – all winners will receive prize money through EFT/cash sent. Please sms your banking details and or cell number to 083 376 7414. Please allow 7 working days for the payment. Failing to supply Nedbank Running Club with your banking details means you forfeit your prize money. (ASA Rule 2.10)

SPECIAL NOTE:

Please wear your mask except for during participation. All athletes need to leave the site as soon as they have run or walked over the finish line. No gatherings/handshakes/hugging allowed at the finish chute.

