



Palm Tyres 21.1km & 10km



When: Saturday 11 December 2021
Time: 06h00 – 21.1km
06h10 – 10km

Venue: Palm Tyres, top of York Street, George

HELD UNDER THE RULES OF ASA AND ASWD



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

INFORMATION

<p>Registration and Late Entries: No Late Entries – No Raceday Entries. Pre-entries: Top Gear Sport, Meade Street, Loerie Centre (Ters) until Wednesday, 8 December 2021 at 17h00.</p>																																																															
<p>Online Entries: ASWD- http://www.aswd.co.za Close Wednesday, 8 Dec. at 12h00. (Additional R10 to Online fees)</p>																																																															
<p>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.</p>																																																															
<p>Start: Palm Tyres 06h00 – 21.1km 06h10 - 10km 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).</p>																																																															
<p>Finish: Palm Tyres</p>																																																															
<p>Ablution: Available at start and finish.</p>																																																															
<p>Medals: Medals to the first 350 who complete the race within cut-off time.</p>																																																															
<p>No Prize giving: All winners will receive prize money through EFT/CASH send. Please SMS(084 501 0168) to provide banking details/cell number to the Event Organiser, Johann du Preez, at the finish. Failing which prize money is forfeited. (ASA Rule 2.10)</p>																																																															
<p>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.)</p> <table> <thead> <tr> <th></th> <th>OPEN</th> <th>40 – 49</th> <th>50 – 59</th> <th>60 -69</th> <th>70-79</th> <th>80+</th> <th>J</th> <th>W</th> </tr> </thead> <tbody> <tr> <td>10km</td> <td>1R300</td> <td>1 R100</td> <td>1 R100</td> <td>1 R100</td> <td>1 R100</td> <td>1 R100</td> <td>1 R200</td> <td>1 R100</td> </tr> <tr> <td></td> <td>2 R200</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>3 R100</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>21.1km</td> <td>1R400</td> <td>1 R100</td> <td>1 R100</td> <td>1 R100</td> <td>1 R100</td> <td>1 R100</td> <td>1 R200</td> <td>1 R100</td> </tr> <tr> <td></td> <td>2 R300</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>3 R200</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		OPEN	40 – 49	50 – 59	60 -69	70-79	80+	J	W	10km	1R300	1 R100	1 R100	1 R100	1 R100	1 R100	1 R200	1 R100		2 R200									3 R100								21.1km	1R400	1 R100	1 R100	1 R100	1 R100	1 R100	1 R200	1 R100		2 R300									3 R200							
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<p>Route: From centre of town through Heatherlands to the historical Tolhuis in the Montagu Pass and back – undulating with long winding climb to the turn.</p>																																																															
<p>First Aid: Available</p>																																																															
<p>Welcome: Walkers / Wheelchairs</p>																																																															
<p>Enquiries: Johann du Preez @ 084 501 0168</p>																																																															

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.

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 the 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	yyyy	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				
10km	R65.00	R35.00					
21.1km	R85.00	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:.....

RULES AND REGULATIONS

<p>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.</p>			
<p>Club Colours: Athletes must participate in their correct club colours and display the ASA 2021 license numbers on the <u>front and back</u> of the vest. All other runners must display temporary number on <u>front</u> of vest. No advertising allowed.</p>			
<p>Cut-off time: 10km = 2 hrs 21.1km = 3 hrs</p>			
<p>Distance markers: Will be placed at every kilometre.</p>			
<p>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.</p>			
<p>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)</p>			
<p>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.</p>			
<p>Road: Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.</p>			
<p>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.</p>			
<p>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)</p>			
<p>Age Tags: Participants will be eligible for prizes in the <u>OPEN</u> category and the age category for which they have entered provided the relevant <u>OFFICIAL ASWD</u> age category tag or junior tags is displayed, <u>visible and above license number</u>, 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)</p>			
Race	Entry Fee	Temp Lic Fee	Minimum Age
10km	R65.00	R35.00	14 years
21.1km	R85.00	R35.00	16 years



PALM TYRE
Your Wheel & Tyre Specialist