

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 as well as refuse athletes to participate in race on race day, who screen positive for COVID19 without any refund. Only a maximum of 500 athletes allowed to participate in this race.

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. **Mask must be worn all the time except during participation in race.**

Cut-off time: 10 km = Runners:1½ hrs Walkers: 2hrs 21.1km =3hrs

Distance markers: Will be placed at every kilometre.

Foreigners: **No foreigners allowed to participate in this race.**

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 since 1994)

Refreshment Tables: Drinking / Sponging stations shall be provided at 5km mark and finish.

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 point. (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 tags/white background (ASA Rule 22.9**

Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R 25.00	None	9 years
10km	R60.00	R35.00	14 years
21.1km	R80.00	R35.00	16 years

SOMERSON WEDLOOP/RACE

21.1KM /10KM / FUN RUN

PRESENTED BY MOSSEL BAY HARRIERS



18 DECEMBER 2021

06H00

DIAZ BEACH & RESORT

21.1KM: R 80.00

10km: R 60.00

5km: R 25.00

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 Tuesday 14 December 2021 @ 12h00. **(Additional R10 to Online Fees)**

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.

Non-Licensed athletes can collect their temporary numbers on 17 December 2021 @ Diaz Beach & Resort info stage, 16h00 – 18h00

Start: 06h00 – In front of Convenience Shop.

Note: All athletes will be subjected to health screening for COVID19. This compulsory process will start at 04h30. All athletes need to be at the start at 05h00. Kindly complete the attached health screening questionnaire and bring with on race day **(no form, no participation)**.

Finish: In front of Convenience shop

Ablution: Parking area **First Aid:** On route and at finish

Medals: To all finishers who complete the race within the cut-off time. 21.1km/10km: **Gold** = Category winners **Silver:** 30 **Bronze** = all other finishers in time. **FUN RUN:** All finishers

NO Prize giving: All winners will receive prize money through EFT/CASH send. Please SMS (0783316542)/provide bank details/cell number to the treasurer, Gillian Jansen, at the finish. Failing which prize money is forfeited. (ASA Rule 2.10)

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.]

	<u>21.1km</u>	<u>OPEN</u>	<u>J</u>	<u>40-49</u>	<u>50-59</u>	<u>60-69</u>	<u>70-79</u>	<u>80+</u>	<u>W</u>	
1 st	R250		R100	R100	R100	R100	R100	R100	R100	
2 nd	R150									
3 rd	R100									
	<u>10km</u>									
1 st	R200		R100	R100	R100	R100	R100	R100	R100	
2 nd	R150									
3 rd	R100									

Route: Flat and fast around the coastal area.

Welcome: Walkers - **keep social distancing**

Enquiries: Paulus Allart 0734125440 **OR** Jacob Karelse 0730817484

Email address: harriersmbay@gmail.com Michael Tobias 0713401091

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 GATHERINGS/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 personalized 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

					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 / PP / DL No.							
EMAIL ADDRESS							
EMERGENCY Contact / Cell							
PARTICIPATION AGE CATEGORY: JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70-79/80+							
Fun Run	R 25.00	None					
10km	R60.00	R35.00					
21.1km	R80.00	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:.....