

Die Gourits-Hond

Wedloop

23 December 2021

10KM & 5KM

Venue: Gouritsmond Gemeenskapsaal

10Km

Start @7h00

5Km (Fun Run)

Start @ 7h30

Registration and Covid screening

From 6h00 on 23 December 2021



Vir meer besonderhede

Koos Smit 0768741814

Ferdie Nel 0832942640

For more information

Marlene Smit 0833598206

Petro Nel 0722596759

Brought to you by: *Held under the rules of ASWD, Proudly Sponserd by*
Hartenbos Drawwers **ASA and WA:** *Albertinia Meubel Vervoer & Seeff*



INSKRYWINGSVORM / ENTRY FORM

Inskrywingsinfo/Entry Fee 5km and 10km

ADMIN USE ONLY

* Pre-entry 10km licensed athletes		R75				
*Pre-entry unlicensed athletes	R75+R35	R110		Temp Number	ASWD	
*5km (No temp license reg)		R50		Fees paid	Yes	No
Tick appropriate box						

Surname													
First Name													
ID Number													
Date of birth	y	y	y	M	m	d	d	Age		Male		Female	
Cell Number													

Emergency name and number

Emergency person name			
Contact number			
Postal Address			
Email			
Club name			
2021 License Nr		ASA	Province
5km	10km	Run	Walk

Ouderdom kategorie / Age category

14-19	Open	40-49	50-59	50-59	60-69	70-79	80+
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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 the 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.

Sign

Date

MINOR RELEASE

And I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capacities 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 case minor)

SIGNED (signed by a parent/legal guardian if the participant is under age of 18)

Date





REËLS EN REGULASIES

RULES AND REGULATIONS

- 1) **Age:** Minimum age on race day is 14 years for the 10 km. The minimum age for the 5 km is 7 years, however entrants younger than 7 years can participate in the 5 km if accompanied by a guardian who is 16 years or older.
- 2) **Prize Giving:** No Prize giving after the event, all the athletes who is prize winners will have to fill in the form so that the prize money can be paid into their bank account.
- 3) **Age tags:** Participants will be eligible for prizes in the OPEN category tag or junior tags if 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)
- 4) **Seconding:** No seconding from cyclists or private vehicles allowed. Personal seconding, stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 34.8.2).
- 5) **Proof of Age:** Athletes must give proof of age at the request of the Race Referee. (SA ID/Passport/Driver's License/Refugee Permit/Birth Cert.)
- 6) **Foreigners:** No Foreigners are allowed to enter for this event.
- 7) **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.
- 8) **All road races held subject to the rules of ASA and Athletics SWD. 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 organiser reserves the right to accept/reject any entry received.**
- 9) **Appendix A:** All athletics must fill in this appendix A , except temperature column, after temp had taken then the temperature must be fill in the morning and screening must be done to all athletics.
- 10) **Time to report:** All athletics must report a hour before the event that the screening can be done and after screening had be done the athletic cannot leave the control "room".
- 11) **Entries:** Online can be done at www.aswd.co.za and entries vorms will be at ASWD office and at all clubs.

PLACE	Men/Women OPEN	Men/Women JUNIOR	Men/Women 40 – 49	Men/Women 50 - 59	Men/Women 60 – 69	Men/Women 70 - 79	Men/Women 80+	Men/Women Walk
1	R300	R100	R100	R100	R100	R100	R100	R100
2	R200							
3	R100							





INLIGTING / INFORMATION

INSKRYWINGS/ENTRIES

START

MEDALJES/MEDALS

ROETE/ROUTE

Entries can be done during the following event

Online entries @ www.aswd.co.za . Online Entries close Monday 20 Dec @ 12h00

Gouritsmond at 4 Steenbras Street (Marlene&Koos Smit).

Hartenbos Clubhouse on Tuesdays form 17h30 till 19h00.

Entries will be at ASWD office and all clubs

Entries payments can be deposit in the following account:

Hartenbos Drawwers

Standard bank (Savings Account)

Branch code: 051001

Account number 385414803

Reference: your name/s

Entry form plus proof of payment can be send by email to hartenbosdrawwers1@gmail.com

Any time before Wednesday 22 December at 12h00 pm. All

Entries closed on 22 December 2021 at 12h00

No entries on day of event due to Covid-19 regulations

Cap entries 2000 athletes on the 5km & 10km all together.

For more details please contact:

Ferdie Nel 0832942640 (Hartenbos Drawwers)

Petro Nel 0722596759 (Hartenbos Drawwers)

Koos Smit 0768741814 (Gouritsmond)

Marlene Smit 0833598206 (Gouritsmond)

**Start: 10Km @ 7h00 Thursday 23 December 2021 &
5 Km (Funrun) @ 7h30 Thursday 23 December 2021**

Start & finish at Gouritsmond Gemeenskapsaal

Medals: 10km - "Gourits-Hond" Medals to all finishers

RACE	ENTRY FEE	TEMP LICENCE FEE	DATE	MIN AGE
Pre-entries 10km	R75.00 (online)	R35,00	Online	14 years
Pre-entries	R65,00 (office)	R35,00	Hand in entries	14 years
Day before race day	R80,00	R35,00	Day before event	14 years

Vir meer inligting kontak asseblief /

For more information,

please contact:

Marlene: 083 359 8206

Koos: 076 874 1814

Ferdie: 0832942640

Petro: 0722596759





APPENDIX 1

HEALTH QUESTIONNAIRE: SCREENING FOR COVID-19 THIS QUESTIONNAIRE IS TO BE COMPLETED BY EACH PERSON AT THE COMPETITION VENUE

1. Date:						
2. First Name						
3. Surname						
4. Cell phone number						
5. Identity/passport number						
6. Date of birth/Age						
7. Sex	Male		Female		Other	
8. Home address						
9. Temporary address						
10. Temperature						
11. Do you experience any of the following signs and symptoms?						
a. Fever	Yes		No			
b. Cough	Yes		No			
c. Shortness of breath	Yes		No			
d. Sore throat	Yes		No			
e. Loss of taste	Yes		No			
f. Loss of smell	Yes		No			
12. Covid-19 testing						
a. Have you tested positive for Covid-19 in the past 14 days?	Yes		No			
b. Have you been in contact with someone who tested positive for Covid-19 in the past 14 days?	Yes		No			
If all negative, entry will be allowed						
If any positive and/or temperature >38 degrees, refer to local health authorities; not allowed in the stadium.						
ALL SECTIONS ARE COMPULSORY AND MUST BE COMPLETED						
ALL INFORMATION WILL BE TREATED ONFIDENTIALLY						