



REËLS EN REGULASIES RULES AND REGULATIONS

HARTENBOS DRAWWERS

This race is subject to the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials, marshalls 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.

Minimum age 14 for 10km. Minimum age 7 for 4km. Cut-off time for 10km: 2 hours

Temporary licences will be available to athletes who are not members of a club at a cost of R35.00

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.

Distance markers will be placed where possible. 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.

Athletes must give proof of their age at the request of the race referee. (Original ID/Birth certificate/Permanent residence permit).

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])

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)

Athletes must keep to the right hand side of the road in single file, unless instructed differently by marshalls and Traffic Officers.

First Aid is available at start and finish.

ASWD Licensed athletes take note: Forget your chip-you will have to pay R20 to loan one for the race. Lost chip-you will have to pay R75 for a replacement chip.

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**ALL NON-ONLINE ENTRIES WILL ATTRACT A R20.00 PREMIUM TO ADVERTISED RATES
PRIZE MONEY:**

Pos	Open	V 40 - 49	M 50 - 59	G/M 60 - 69	GG/M 70 - 79	GGG/M 80+	J 14 - 19	W Walk	Hartenbos Drawwers
1	R 500	R 200	R 200	R 200	R 200	R 200	R 200	R 200	R 200
2	R 400								
3	R 300								

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 chip. 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 the loss or damaged chips or those not handed back as required. It remains your responsibility to return the chip to the race organizers even in the event of not completing the race.

NO TIMING CHIP, NO RESULT

Bobby van Schalkwyk

B.D.P.C.E.A



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Voorbaai Mosselbaai
Tel: 044 695 3101 Tel: 044 691 3040

Oujaar 10km



Venue: Amphi Theatre Hartenbos



31 DECEMBER 2021

10km Walk/Run - 07h00 4km Walk/Run - 07h10



Held under the
rules of ASWD,
ASA and WA



www.hartenbosdrawwers.co.za



INLIGTING INFORMATION

**Laat Inskrywings:
Late Entries:**

Medaljes / Medals:

**Prysuitdeling:
Prize Giving:**

**COVID
COMPLIANCE**

**Aanlyn Inskrywings:
Online Entries:**

Thursday / Donderdag (30 Dec)- 14h00 - 19h00
(Next to ATKV offices)

- **10km** - First 500 Finishers will receive a medal (Balance to be posted)
- **Fun Run** - Colour glazed medals to the first 200 finishers of the 4km

All winners will receive their prizes via EFT/cash sent.

Please SMS to **072 259 6759 (Petro Nel)** and provide your banking details and contact number.

If your details are not received, your Prize money will be forfeited (ASA Rule 2:10)

Strict COVID compliance will apply! Athletes will be screened and signed in. Masks **MUST** be worn at all times until the start of the race.

Please keep your social distance. Health Screening questionnaire to be completed and presented to the screening official the day of the race.

No Form No Race

All Athletes need to leave the site as soon as Run/Walk is completed.

No gatherings, handshakes or hugging will be allowed at the finish line.

www.aswd.co.za

Online entries close 20 December 2021 @ 23h59

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Race	Entry Fee	Temp Licence Fee	Min Age
Fun Run 4km	R 30.00	None	7 Years
10km	R 80.00	R 35.00	14 Years

**Vir meer inligting
kontak / For more
information contact:**

Ferdie - 083 294 2640

Petro - 072 259 6759



Designed by: Internet CEO - 072 595 2731



INSKRYWINGSVORM ENTRY FORM

Inskrywingsfooi / Entry Fee 10km & 4km:

- **10km Licenced Athletes: R80**
- **Temp Licence: R35**
- **4km (No temp licence required): R30**

Tick appropriate box

ADMIN USE ONLY

Chip number

Temp number

Surname: _____ First Name: _____

ID / BC / PP / DL No: _____ Date of Birth: _____ Age: _____

Emergency Tel Number: _____ Cell Number: _____

Address: _____

Club Name: _____ 2021 ASA Licence No: _____

E-mail: _____ Province: _____

4km 10km Run Walk Male Female

Ouderdom Kategorie / Age Category

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

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, 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.

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:.....

