



**DE DEKKE SPAR
GROOTBRAK**

**6 National Road, De Dekke Centre ,
Great Brak, South Coast.**

0446202300 dedekke1@retail.spar.co.za
Mon-Fri: 07h30 - 19h30 Saturday: 07h30 - 19h30
Sunday: 08h00 - 16h00 Public Holidays: 07h30 - 19h30

**DE DEKKE SPAR
21.1km, 10km, Prettraf
05-Feb-22**

ONLINE ENTRIES

Distance 21.1km, 10km, Fun run
Cost Fun run = R40.00
Cost 10km= R75.00 (ASA license athlete)
Cost 10km= R110 .00(No license athlete)
Cost 21.1km= R95.00(ASA license athlete)
Cost 21.1km= R130.00(No license athlete)
Where www.aswd.co.za
Close date 31 Jan 2022 @ 12h00

Entries form opening till 31 Jan 22

Distance 21.1km, 10km, Fun run
Cost Fun run = R30.00
Cost 10km= R65.00 (ASA license athlete)
Cost 10km= R100 .00(No license athlete)
Cost 21.1km= R85.00(ASA license athlete)
Cost 21.1km= R120.00(No license athlete)
Where www.aswd.co.za
Close date 31 Jan 2022 @ 12h00

Entries on 4 Feb 22

Where 6 National Road, De Dekke Centre ,
Great Brak, South Coast.
Distance 21.1km, 10km, Fun run
Cost Fun run = R50.00
Cost 10km= R85.00 (ASA license athlete)
Cost 10km= R120 .00(No license athlete)
Cost 21.1km= R105.00(ASA license athlete)
Cost 21.1km= R140.00(No license athlete)
Where www.aswd.co.za

NO ENTRIES ON RACE DAY

NO ENTRIES ON RACEDAY

General information

Start 21.1km start at 06h30, 10km start 06h45, Funrun start at 07h00, All start will be at the **DE DEKKE SPAR**
Waterpoint Every 3km will be a waterpoint
Timing **Timing bedone by ASWD athletes get a chip**
Information Petro 072 259 6759
Finsch All distance end at **DE DEKKE SPAR**
Medals Fun run all who compleet the fun run in 1h30
10km athletes compleet the race in 2 hours
21.1km athletes compleet race in 3h30
Ferdie 083 294 2640



**The Race is held under the rules of
ASA and ASWD**





HARTENBOS DRAWWERS



DE DEKKE SPAR 10km en 21.1km

ENTRY FORM

Entry for 10km and 21.1km

Online entries 10km licensed athletes	R75	Pre-enries 10km licensed athletes	R65	Licenced Nr 10km	
Online entries 10km unlicensed athletes	R110	Pre-enries 10km unlicensed athletes	R100	Temp licenced Nr 10km	
Online entries 21.1km licensed athletes	R95	Pre-enries 21.1km licened athletes	R85	Licenced Nr 21.1km	
Online entries 21.1km unlicened athletes	R130	Pre-enries 21,1km unlicened athletes	R120	Temp licenced Nr 21.1km	
CLOSED ON 31 Jan 22 at 12h00		CLOSED ON 31 Jan at 12h00		For office use only	

Entries on 4 Feb 22 10km licensed athletes		Licenced Nr 10km		NO ENTRIES ON RACE DAY ONLY COLLECT TEMP LICENSED NUMBER AND TIME TAGS
Entries on 4 Feb 22 10km unlicensed athletes		Temp licenced Nr 10km		
Entries on 4 Feb 22 21.1km licensed athletes		Licenced Nr 21.1km		
Entries on 4 Feb 21.1km unlicened athletes		Temp licenced Nr 21.1km		
Entries 4 Feb 22 form 14h00 till 18h00		For office use only		

Surname																			
First Name																			
ID Number																			
Date of birth																			
	Y	Y	Y	Y	M	M	D	D											
Cell Number																			

Emergency name and number																			
Emergency person name																			
Contact number																			
Postal Address																			

Email																				
Club name																				
2022 License Nr																				
10km			21.1km			Run			Walk			ASA Province								
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 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.

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

RULES AND REGULATIONS

1	Age	<p>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.</p> <p style="text-align: right;">Minimum age on race day is 14 years for the 10 km. Minimum age on race day is 16 years for the 21.1 km.</p>
2	Second	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).
3	Safety	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.
4	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)
5	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.
6	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.)
7	Foreigners	No Foreigners are allowed to enter for this event.
8	Rules used	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	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". Athlete must report with a masker on
10	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.
11	Entries	<p style="text-align: center;">Online can be done at www.aswd.co.za and entries vorns will be at ASWD office and at all clubs.</p> <p style="text-align: center;">Late entries only on 4 Feb 22 at De Dekke Spar in Greatbrak between 14h00 till 18h00</p> <p style="text-align: center;">NO ENTRIES ON RACE DAY</p>

INFORMATION

ENTRY FORM

1

Entry forms will be at the following places available

Entries forms will be available at ASWD office,
Hartenbos Drawwers Clubhouse in Diaz

2

Where to enter for event

Online entries at www.aswd.co.za, online closed on 31 Jan22 @ 12h00

3

Manual entries can be hand in at

ASWD Office in George,

Hartenbos Drawwers Clubhouse in Diaz,

Manual entries closed on 31 Jan 2022 at 17h00

4

Late entries

Any late entries can be done on 4 Feb 22 at the De Dekke Spar in Grootbrak from 14h00 till 18h00

5

Manual entries payment

Hartenbos Drawwers

Standard bank (Savings Account)

Branch code: 051001

Account number 385414803

Reference: Name and Surname

Entry form plus proof of payment must be send by email to

hartenbosdrawwers1@gmail.com

6

Collection of temp number and time chip

4 Feb 22 14h00 tot 18h00

De Dekke Spar Greatbrak

7

No price giving after the event due to the Covid rules

12

Time limit on 10km is 2 hours

8

1st 500 entries will be excepted on 10km

13

10km start at 06h45 by De Dekke Spar

9

Time limit on 21.1km is 3h30

14

1st 500 entries will be excepted on 21.1km

10

21.1km start at 06h30 by De Dekke Spar

15

Waterpoints is between 2.5km and 3,5km every time

11

Athlete must fill in the Appendix A form and must hand in on the
day of the event

16

Athlete must wear the mask when arrive for the event

17

After complete the athlete must leave the event

18

Price money for 21.1km

PLACE	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women
	OPEN	JUNIOR	40 - 49	50 - 59	60 - 69	70 - 79	80+	Walk	HARTENBOS
1	R500	R200	R200	R200	R200	R200	R200	R200	R200
2	R400								
3	R300								

19

Price money for 10km

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

20

Contact persons

Ferdie

0832942640

ferdie@mweb.co.za

Petro

0722596759 wwers1@gmail.com