



Heads Marathon

13 March 2022

**42.2km, 21.1km, 10 km & 5km fun run
at These Islands**

Comrades & Two Oceans Qualifier

Date: 13 March 2022

TIME: 06h00 (42.2km & 21.1 km)

06h30 (10km & 5km)



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INFORMATION

Online Entries only:- www.knysnamarathonclub.com

Temporary Licence collection 13 March 2022, one hour before race from Thesen Islands, Knysna.

Transport: Bailers pick-up will be provided on the 42km route

ASWD Licensed athlete take note: Forget your 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.

Start and Finish: Thesen Islands. **42km & 21km start at 6:00**
10km & 5km start at 6:30

Temporary licenses: Will be available to unlicensed runners at the cost of R35.00.

Ablution: Available at Venue. No showers at finish.

First Aid: At the venue and along the route.

Hand-outs: Lucky Draw Prizes with medals

Medals: Medals to all finishers who complete the race within the cut-off time.

No Prize giving at the event. The Prize money will be transferred to athletes via EFT or by Cellphone payment. Forms for this purpose will be available at the finish. The winners will be finalized at the finish. Appeals will be dealt with after conclusion of event.

	42 Km	21 km	10 km
1st Open	R 400	R 300	R 200
2nd Open	R 300	R 200	R 150
3rd Open	R 200	R 150	R 100
40-49	R 200	R 150	R 100
50-59	R 200	R 150	R 100
60-69	R 200	R 150	R 100
70+	R 200	R 150	R 100
Junior		R 150	R 100
Walker		R 150	R 100

Route: Along the waters edge – very flat for fast times.

Enquiries: Barry Danvers

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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.
Club Colours: Athletes must participate in their correct club colours and display the ASA 2022 license number on the front and back of the vest. All other runners must display temporary number on the front of vest. No advertising allowed. No Temporary License is needed for the 5km Fun run
Cut-off time: 10km = 2 hours; 21.1km = 3 ½ hours; 42.2km = 5 ½ hours.
Distance markers: Will be placed at every kilometre.
Foreigners: All foreign athletes must comply with WA 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.
Minimum ages: 5 km = 9 years, 10km = 14 years or 21.1 km = 16 years, 42.2km = 20 years. Athletes must give proof of their age at the request of the Race Referee. (ID / Birth Certificate / Permanent Residence Permit)
Refreshment Tables: Drinking stations shall be provided close to 3km intervals. Water and other suitable refreshments shall be available at the start and finish of all races.
Road: Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers. 42km Runners will run on the Lagoon side of the N2 until directed to cross near the White bridge.
Safety: No animals or racers (push carts or prams) will be allowed. (ASA rule 34.10.1; 34.10.3) No earphones or in-ear music devices will be allowed.(ASA rule 34.10.6 - Immediate disqualification (Applies to all events)
Seconding: No seconding will be allowed.
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 front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. Red age tag or Orange "W" tag (ASA rule 22.9)
Late entries for F5km Fun Run only available on the day of the event from 5:00 until 5:45 at the start venue. Online entries available from www.knysnamarathonclub.com No admin fee is charged for online entries. Online entries close on 10 March 2022

This event is timed by electronic chip. NO CHIP NO TIME
ASWD licensed athletes will use their current personalised chips.
A timing chip will be made available, on a loan basis, to all participants in the 10 and 21.1 km races. 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.

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

All athletes will be subjected to health screening for COVID 19. This compulsory process will start one hour before the start of the race.

ENTRY FORM

Surname							
First name							
Province				2022 Lic. no			
Club							
Date of Birth				Age			
Female				Male			
				Runner			
						Walker	
Address		Emergency contact details					
						Relation	
						Name	
CELL No.				Cell No.			
ID NUMBER							
5KM–FunRun R30.00		10KM – R60.00		21.1km – R70.00		42.2km – R80	
Minimum Age: 10 km-14yr, 21.km-16yr, 42,2-20yr							
CAT:14 –19/ OPEN/ 40–49/ 50–59/ 60-69/ 70 + or Walker							
		ENTRY FEE					
		Temp Licence R35 (Not needed for 5 km)					
		Voluntary donation to KAWS					
		TOTAL					

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 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.

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Signature

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Date

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.

Parent / Guardian**Cell No.**.....

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