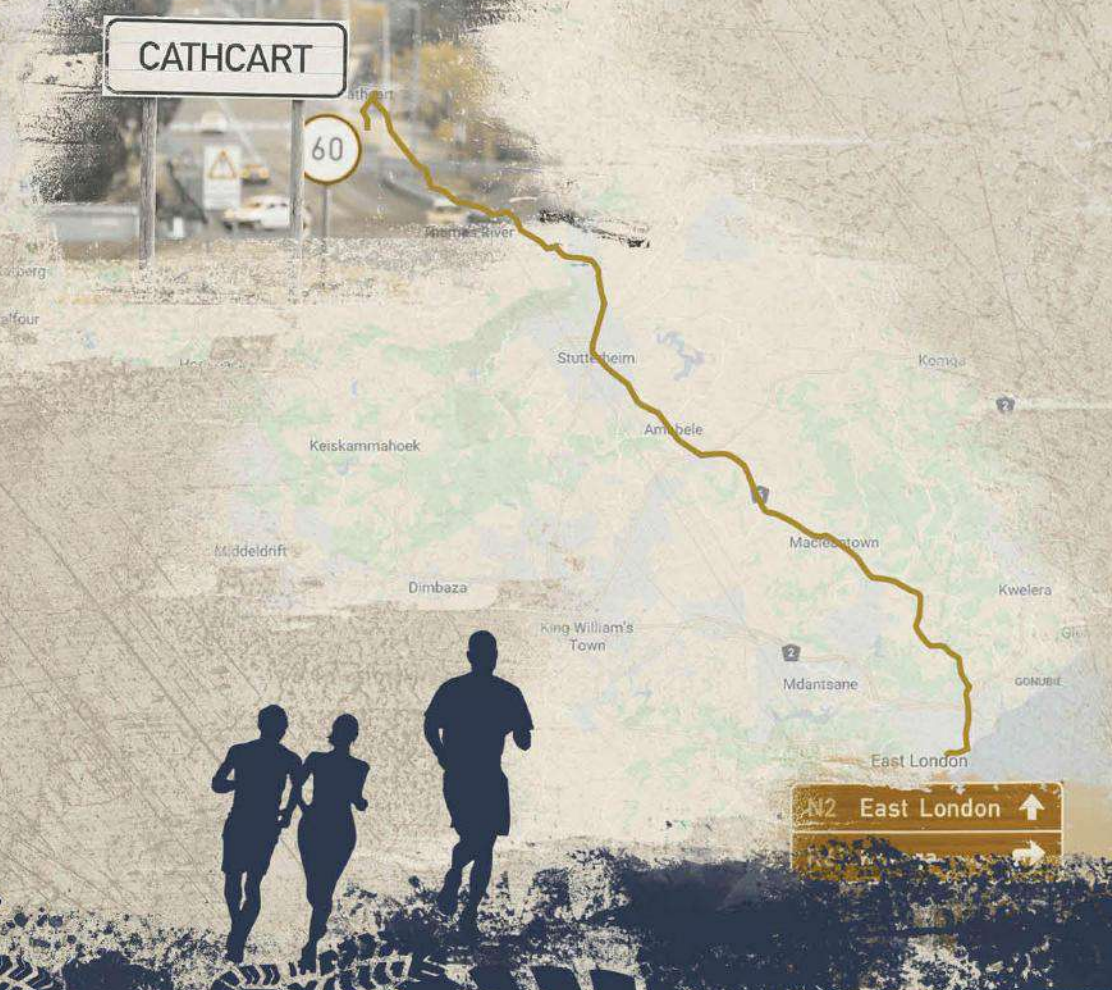


BUFFALO ROAD RUNNERS  
PROUDLY PRESENT THE



**45th WASHIE 100**  
**15 - 16 JULY 2022**



Once a Buff,  
always a Buff!



**ENTRY FORM**

PLEASE WRITE CLEARLY AND ACCURATELY.

Surname			
First Name			
Date of Birth		Gender: Male	<input type="checkbox"/>
		Female	<input type="checkbox"/>
Age on race day		ID Number	
Athletic Club			
Licence No.			
Address			
Province Code		Email address	
Cellphone No.		Next of Kin Name	
Washie 100's completed		Next of Kin Contact No.	

**All entrants must be a licenced athlete**

I am medically fit to participate and fully understand that I enter this event at my own risk and the organisers and their sponsors will not be held responsible for any injury during or as a result of the event or for any loss or damage to property on the course or Buffalo Club property. I state that I have a seconding team and will not expect the organisers or other athletes teams to provide me with seconding assistance.

SIGNATURE \_\_\_\_\_

**ENTRY FEES**

**NOVICE - R1200.00**  
PREVIOUS FINISHER R1000  
NO LATE ENTRIES

**RUNNING APPAREL**

Tracksuit Top:  
(Novices and those running for permanent no's only)  S  M  L  XL  XXL

Runner Long Sleeve  
T-shirt – R205.00  S  M  L  XL  XXL

**BANKING DETAILS**

**NO CASH DEPOSITS**  
**EFT PAYMENTS ONLY**  
Buffalo Road Runners  
Nedbank Account: **1210379864**  
Branch Code: **121021**

PLEASE EMAIL YOUR ENTRY WITH PROOF OF PAYMENT TO [info@washie100miler.co.za](mailto:info@washie100miler.co.za)  
EFT payments – see banking details above

**RULES AND REGULATIONS**

**Race will be held under any Covid-19 protocols applicable at that time.**

**All athletes must be licensed with an ASA club. No temporary numbers will be issued.**

**RACE PREPARATION:** On the grounds of weather conditions for the Washie 100 Miler you should include protective gear for cold weather with several towels and clothing changes. A source of warm drinks is also advisable.

**REGISTRATION AND RACE BRIEFING:** Registration will be at the start (Cathcart Country Club) from 13h00 on Friday 15th July onwards. Race briefing is **compulsory** for all runners AND seconds, at 16h00 on Friday 15th July 2022.

**SECONDING:** It is a condition of entry that entrants will provide their own seconds and seconding vehicles; 3 are recommended. Runners, seconds and vehicle need to be as visible as possible for the duration of the event.

**DISTANCE, TIMES AND CUT OFFS:** The course is measured and is 100 miles. The finish is at the Buffs Club and all competitors must finish by 19h00 on Saturday 16th July (26 hour limit). Athletes will be retired at the ¼ way after 6 hours and ½ way after 13 hours. Spot checks will be set at various points during the race at the discretion of the committee and race referee.

**RESULTS:** Copies of results will be available at the prize giving and on the Buffs website [www.washie100miler.co.za](http://www.washie100miler.co.za)

**PRIZES: Prize giving.** Buffs club on Sunday 17th July 2022 at 10am:

- A beautiful handmade Washie 100 Miler trophy.
  - Novices will receive a unique tracksuit top.
  - Permanent Numbers will be awarded for completion of five journeys or three overall victories together with a Washie tracksuit top.
- The race is run in strict accordance with the rules of the World Athletics, Athletics South Africa and Border Athletics.
  - All foreign athletes must comply with World Athletics rules and have permission from their local federation to compete in this event.
  - Athletes are not required to qualify for the Washie 100 Miler.
  - All participants must be 20 years or older.
  - Safety is a priority – runner, seconds and vehicles need to be made as visible as possible with reflective clothing, lights, flashing lights (amber or white only!), reflective tape etc.  
**Runners WILL be disqualified and removed from course for breach of this rule.**
  - Seconding tables are not provided, personal seconding is a requirement to participate.
  - All entries close at midnight on Tuesday 12 July 2022.
  - Monies are not refundable for non-participation for any reason.
  - All entries must collect their race packs at registration between 13h00 and 16h00 on 15th July 2022.
  - The start is at 17h00 at the Cathcart Country Club. The route will be discussed in detail at race briefing. There is a 35km loop just out of Cathcart on which there will be limited (stationary) seconding stops permitted. The checkpoints will not be exact to the kilometer but allocated as follows:  
½ entering Stutterheim at Engineering works on the RHS  
¾ near Mimosa Park
  - Cycling seconds must ride BEHIND, not alongside, and must be well lit without having a light blinding oncoming traffic.
  - No person may use, for any reason, the Washie 100 Miler logo.