

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 as well as refuse athletes to participate in race on race day, who screen positive for COVID19 without any refund. Only a maximum of 250 athletes allowed to participate in this race.

Club Colours: Athletes must participate in their correct club colours and display the ASA 2022 license numbers on the front and back of the vest, All other runners must display temporary number on front of vest. No advertising allowed. **Mask must be worn all the time except during participation in race.**

Cut-off time: 15 & 21.1 km = Runners: 3 hrs Walkers: 3hrs 30min

Distance markers: Will be placed at every kilometre.

Foreigners: **No foreigners allowed to participate in this race.**

Proof of Age: Athletes must give proof of their age at the request of the Race Referee. (SA ID/Passport/Drivers License/Refugee Permit/Birth Cert since 1994)

Refreshment Tables: Drinking / Sponging stations shall be provided at 3km intervals and finish.

Road: Athletes must stay on the right-hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.

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 point. (ASA Rule 34.8.2)

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**

Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R 20.00	None	9 years
15km	R70.00	R40.00	15 years
21.1km	R 85.00	R40.00	16years

RACE AGAINST CRIME / WEDLOOP TEEN MISDAAD

15KM & 21.1KM Run / Walk

5km Fun Run / Pretloop



Date / Datum: 06 AUGUST 2022

Time / Time: 15 & 21.1 km – 08h00
5km Fun Run – 08h15

Venue: Landbou Saal / Agriculture Hall, Herbertsdale

Fee / Foon: 15 km - R 70.00
21.1km - R 85.00
5km - R 20.00

Presented by

Mossel Bay Harriers

HELD UNDER THE RULES OF ASA AND ASWD



INFORMATION

ENTRIES: At the start venue: Agriculture Hall, Herbertsdale from 06H30 till 07H45 on race day: 06 August 2022

ASWD Licensed athlete take note: You need to take a temporary number if you forget your licence number

Non-Licensed athletes can collect their temporary numbers with entry on race day.

Start: 08h00 – In front of Agriculture Hall; Herbertsdale

Finish: Agriculture Hall, Herbertsdale

Abution: At the finish **First Aid:** On route and at finish

Medals: To all finishers who complete the race within the cut-off time. 15 & 21.1km: **Gold** = Category winners **Silver:** 30 **Bronze** = all other finishers in time. **FUN RUN:** All finishers

Prize giving: At Finish point: 11H30 or as soon as last athlete finish. Athletes are responsible to collect their own prize money or make a written arrangement with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.10)

Prize Money: Equal prize money for male and female athletes.

[Prize money for disabled athletes will only be awarded if there are three athletes racing in the same specification category.]

21.1km **OPEN** **40–49** **50–59** **60–69** **70–79** **80+** **Jnr** **Walkers**

1st R250 R100 R100 R100 R100 R100 R100 R100

2nd 150

3rd 100

15km

1st R200 R100 R100 R100 R100 R100 R100 R100

2nd 150

3rd 100

Route: Through farm areas.

Welcome: Walkers

Enquiries: Paulus Allart 0734125440 **OR** Jacob Karelse 0730817484

Email address: harrersmbay@gmail.com Michael Tobias 0713401091

RACE TIMING: WILL BE DONE MANUALLY; NO CHIP NEEDED

ENTRY FORM

ADMIN USE
CHIP NO
TEMP NO

SURNAME							
FIRST NAME							
PROVINCE				LIC NO 2022			
DATE OF BIRTH	D	d	m	M	yyyy	AGE	
MALE				RUNNER			
FEMALE				WALKER			
CLUB							
ADDRESS							
CELLPHONE NR							
ID / BC / PP / DL No.							
EMAIL ADDRESS							
EMERGENCY Contact / Cell							
PARTICIPATION AGE CATEGORY: JUNIOR / OPEN / 40 – 49 / 50 - 59/ 60-69/ 70-79/80+/WALKER							
Fun Run	R 20.00			None			
15km	R70.00			R40.00			
21.1KM	R85.00			R40.00			

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 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 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:.....