

## RULES

1] **Age** - Minimum age on race day is 14 years for the 10km. 2] **No Prize Giving** - All winners will receive prize money through EFT/CASH send. Please SMS your banking details and or cell number to 083 376 7414. Please allow 7 working days for the payment. Failing which prize money is forfeited. (ASA Rule 2.10). 3] **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). 4] **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. Mask must be worn all the time except during participation in race. 5] **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). 6] **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 Certificate since 1994). 7] **Foreigners** - No foreigners allowed to participate in this race. 8] **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. 9] 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.

## GENERAL

1] **Start and Finish:** Glenwood House School, George. 2] **Refreshment Tables:** Drinking and Sponging stations shall be provided at 5km mark and finish. 3] **Distance Markers** will be placed at every kilometre. 4] **Cut-off Time:** 10 km = Runners and Walkers: 2 hours. 5] **First Aid** is available at the start and the finish. 6] **Ablution Facilities:** Glenwood House School. 7] **ASWD Licensed Athlete take note:** No loan chips will be available on race day. 8] **NOTE:** All athletes will be subjected to health screening for COVID19. The compulsory process will start from 16:00-17:00. All athletes need to be at the start at 17:20. Kindly complete the health screening questionnaire and bring with on race day (no form, no participation). Form available on [www.aswd.co.za/downloads](http://www.aswd.co.za/downloads). 9] **Non-Licensed athletes:** Collect temporary numbers on 9 September 2022 from 16:30-17:15 at Glenwood House School.

## REGISTRATION | ENTRIES AND LATE ENTRY

- 1] Online entries only: [www.entryninja.com](http://www.entryninja.com)
- 2] Pre-entries close on Monday, 5 September 2022 at 13:00
- 3] Late entries on 8 September at R20 premium at Top Gear Sport from 09:00-17:00.

### SPECIAL NOTE:

Please use mask always except for during participation. All athletes need to leave the site as soon as they've run or walked over the finish line.  
**NO** gatherings / handshake / hugging allowed at the finish.



GLENWOOD HOUSE SCHOOL



10KM - 17:30  
FRIDAY Night

Entries: [www.entryninja.com](http://www.entryninja.com) | Enquiries: 083 376 7414 | 084 772 2451



[www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za)

Held under the rules of  
ASA | ASWD | WA



This event is timed by  
an electronic chip  
**NO CHIP - NO RESULT**



ENTRY FORM - 10KM

☐ **R65** Licensed Athletes

☐ **R125** Unlicensed Athletes

(R65 Entry + R40 Temporary License + R20 Chip Hire)

Online fees: Add **R10** when entering online: [www.entryninja.com](http://www.entryninja.com)

**NO ENTRIES ON RACE DAY!**

ADMIN USE ONLY

Chip Number

Temp. Number

First Name

Contact Number

Surname

Email

ID Number

Club Name

Date of Birth

2022 License Number

Junior

Open

Male

Female

Run

Walk

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 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.

SIGNED

DATE

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).

SIGNED (Signed by a parent/legal guardian if the participant is under the age of 18)

DATE

PRIZE MONEY | 10KM Run and Walk

	MEN/ WOMEN OPEN	MEN/ WOMEN JUNIOR	MEN/ WOMEN 40-49	MEN/ WOMEN 50-59	MEN/ WOMEN 60-69	MEN/ WOMEN 70-79	MEN/ WOMEN 80+	MEN/ WOMEN WALK
1	R500	R150	R150	R150	R150	R150	R150	R150
2	R400	R100	R100	R100	R100	R100		R100
3	R300							

MEDALS 10KM Gold First 5 Men & Women  
Silver Next 100  
Bronze Next 140



Dress up like

*Alice in Wonderland*

or one of her Fairy Tale characters,  
a pair of running shoes  
and join our

**RUN WITH THE STARS**  
FRIDAY NIGHT RUN!



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 chips. 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. It remains your responsibility to return the chip to the race organizer even in the event of not competing the race.

**NO TIMING CHIP - NO RESULT!**