



HARTENBOS

Cnr 7 Kompanje & Kaap De Goede Hoop Ave, Hartenbos,
0446951530 hartenbos1@retail.spar.co.za
Mon-Fri: 07h00 - 20h00 Saturday: 07h00 - 20h00
Sunday: 08h00 - 19h00 Public Holidays: 07h00 - 20h00
Note: Christmas Day Closed

ONLINE ENTRIES

Distance	Fun Run, 10km, 15km	Cost	Fun run is R40.00 ASA License number not necessary
Cost	10km = R75 for athletes with ASA License	Cost	10km = R115 for athletes with No ASA License
Cost	15km = R80 for athletes with ASA License	Cost	10km = R120 for athletes with No ASA License
Where	www.aswd.co.za	Close date	26 Sep 2022 @ 23h59

Entries

Distance	Fun Run, 10km, 15km	Cost	Fun run is R40.00 ASA License number not necessary
Cost	10km = R65 for athletes with ASA License	Cost	10km = R105 for athletes with No ASA License
Cost	15km = R70 for athletes with ASA License	Cost	10km = R110 for athletes with No ASA License
Where	ASWD office or at Hartenbos Drawers Club	Close date	27 Sep 2022 @ 19h00

Entries on 30 Sep 2022

Where	30 Sep 22 at the Hartenbos library form 17h00 and 19h00	Cost	Fun run is R40.00 ASA License number not necessary
Cost	10km = R85 for athletes with ASA License	Cost	10km = R125 for athletes with No ASA License
Cost	15km = R90 for athletes with ASA License	Cost	10km = R130 for athletes with No ASA License

NO ENTRY ON RACE DAY - ONLY COLLECTION OF TEMP LICENSE NUMBERS AND TIMING CHIPS

General information

Start	10km, 15km start at 07h00 at the Hartenbos Library Fun run start at 07h15 at the Hartenbos Library		
Finish	All the events will finish in front of the Hartenbos Library		
Waterpoint	Waterpoints will be on the 3,5km, 7km, 10km, 12,5km and at the finish line.		
Medals	10km all who complete the race in 2 hours, 15km all who complete the race in 2h30hours. Fun run all who complete the fun run in 1h30		
Information	Petro 072 259 6759 Ferdie 083 294 2640	Johan Viljoen Louise Vorster	082 940 8830 083 291 6859

4KM FUN RUN/FUN WALK - 07H15

10KM/15KM RUN/WALK - 07H00



The Race is held under the rules of ASA and ASWD



HARTENBOS SPAR



2022/10/01
10km
15km



HARTENBOS DRAWWERS

HARTENBOS SPAR 10km/15km EVENT 1 Oct 2022

ENTRY FORM



Entry Fee Funrun.10km and 15km

NO ENTRIES ON RACE DAY

* Pre-entry 10km licensed athletes		R75	* Manual entry 10km licensed athletes		R65
*Pre-entry 10km unlicensed athletes	R75+R40	R115	* Manual entry 10km unlicensed athletes	R65+R40	R105
* Pre-entry 15km licensed athletes		R80	* Manual entry 15km licensed athletes		R70
*Pre-entry 15km unlicensed athletes	R80+R40	R120	* Manual entry 15km unlicensed athletes	R70+R40	R110
*Pre-entry funrun-No temp license need		R40	* Manual entry funrun-No temp licensed need		R40
Late entries on 30 Sep 22	* Late entry 10km licensed athletes	R85	Late entry10km unlicensed athletes		R125
Late entries on 30 Sep 22	* Late entry 15km licensed athletes	R90	Late entry15km unlicensed athletes		R130
Late entries on 30 Sep 22	* Late entry Funrun athletes	R50	HARTENBOS DRAWWERS KLUB		

ADMIN USE ONLY

10km licensed Athlete Manual	R65	10km licensed athlete late	R85	Funrun athlete Manual	R40
10km unlicensed athlete Manual	R105	10km unlicensed athlete late	R125	Funrun athlete late	R40
15km licensed Athlete Manual	R70	15km licensed athlete late	R90	Funrun athlete Manual	R40
15km unlicensed athlete Manual	R110	15km unlicensed athlete late	R130	Funrun athlete late	R40
Temp Number	ASWD temp	Tag No	Fees paid	Yes	No

Tick appropriate box

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

Emergency name and number

Emergency person name																		
Contact number																		
Email																		
Club name																		
2022 License Nr																ASA Province		
5km		10km		15km		Run		Walk		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.

Sign

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 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

REËLS EN REGULASIES

RULES AND REGULATIONS

Minimum age on race day is 14 years for the 10km, 15km

- 1 **Age** *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.*
- 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** Prize giving will be held at the venue at 10h00 for the 10km and 15km events
- 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 athletes must report a hour before the event that the screening can be done and after screening had been done the athlete cannot leave the control "room". Athletes must report wearing a mask
- 10 **Appendix A** All athletes must fill in this appendix A, except temperature column. After temperature had been taken that morning it must be filled in. Screening must be done to all athletes.
- 11 **Entries** Online can be done at www.aswd.co.za and entries forms will be at ASWD office and at all clubs.

Price money for 10km

PLACE	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	Men/Women HARTENBOS
1	R300	R100	R100	R100	R100	R100	R100	R100	R100
2	R200								
3	R100								

Price money for 15km

PLACE	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	Men/Women HARTENBOS
1	R400	R100	R100	R100	R100	R100	R100	R100	R100
2	R300								
3	R200								



HARTENBOS SPAR



INLIGTING / INFORMATION

ENTRY FORM

1 Entry forms will be at the following places
Entry forms will be at ASWD office, Hartenbos Drawwers Clubhouse in Diaz

2 **Where to enter for event**
Online entries at www.aswd.co.za. Online entries close on 26 Sep 22 @ 23h59

3 **Manual entries can be hand in at**
ASWD Office in George, Hartenbos Drawwers Clubhouse in Diaz, or you can send a mail to hartenbosdrawwers1@gmail.com
Manual entries close on 27 Sep 2022 at 19h00

4 **Late entries**
Any late entries can be done on 30 Sep 22 at the Hartenbos library form 17h00 and 19h00. **NO ENTRIES ON RACE DAY**

Manual entries payment

5 **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**
30 Sep 22 at Hartenbos library between 17h00 and 19h00 and on 1 Oct 22 between 06h00 and 06h45

7 Prize giving at 10h00 on the 1 Oct 22
8 Time limit on 10km is 2 hours, 15km is 2h30
9 1st 500 entries will be excepted on 10km and the 15km
10 10km and 15km start at 07h00 at the Hartenbos library
11 Fun run start at 07h15 at the Hartenbos library

12 Waterpoints will be on the 3,5km, 7km, 10km, 12,5km and at the finish line.
13 Athletes must fill in the Appendix A form and must hand it in on the day of the event

Contact persons

14 Petro 072 259 6759 hartenbosdrawwers1@gmail.com Johan Viljoen 082 940 8830
Ferdie Nel 083 294 2640 Louise Vorster 083 291 6859



ASWD



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