

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 numbers on the front and back of the vest, All other runners must display temporary number on front of vest. No advertising allowed.

Cut-off time: 10km = 2 hrs 21.1km = 3 hrs

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.

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)

Refreshment Tables: Drinking / Sponging stations shall be provided at 3km intervals (Min 2.5km – Max 3.5km apart), or more frequently if weather conditions warrant such provision. 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.

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 points.** (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 tag/white background**) (ASA Rule 22.9)

Race	Entry Fee	Temp Lic Fee	Minimum Age
10km	R65.00	R40.00	14 years
21.1km	R85.00	R40.00	16 years



PALM TYRE
Your Wheel & Tyre Specialist



Palm Tyres 21.1km & 10km



When: Saturday 10 December 2022
Time: 06h00 – 21.1km
06h10 – 10km

Venue: Palm Tyres, top of York Street, George

HELD UNDER THE RULES OF ASA AND ASWD



This event is timed by IPICO timing chip. NO CHIP NO TIME

INFORMATION

<p>Registration and Late Entries: Late entries on day of race from 05h00- 05h45. Late entries will attract R20 to advertised rates.</p> <p>Pre-entries: Top Gear Sport, Meade Street, Loerie Centre (Ters) until Wednesday, 7 December 2022 at 17h00.</p>																																																																							
<p>Online Entries: ASWD -http://www.aswd.co.za Close Wednesday, 7 Dec. at 12h00. (Additional R10 to Online Fees)</p>																																																																							
<p>ASWD Licensed athlete take note: Forget your IPICO 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.</p>																																																																							
<p>Start: 06h00 at Palm Tyres – 21.1km 06h10 at Palm Tyres – 10km</p>																																																																							
<p>Finish: Palm Tyres</p>																																																																							
<p>Ablution: Available at start and finish.</p>																																																																							
<p>Medals: Medals to the first 350 who compete the race within cut-off time.</p>																																																																							
<p>Prize giving: Palm Tyres at 09h15. Athletes are responsible to collect their own prize money or make an alternative written arrangement with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.10)</p>																																																																							
<p>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.)</p> <table border="0" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>OPEN</th> <th>40 – 49</th> <th>50 – 59</th> <th>60 -69</th> <th>70-79</th> <th>80+</th> <th>J</th> <th>W</th> </tr> </thead> <tbody> <tr> <td>10km</td> <td>1 R300</td> <td>1 R150</td> <td>1 R150</td> <td>1 R150</td> <td>1 R150</td> <td>1 R150</td> <td>1 R200</td> <td>1 R150</td> </tr> <tr> <td></td> <td>2 R200</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>3 R100</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>21.1km</td> <td>1 R500</td> <td>1 R150</td> <td>1 R150</td> <td>1 R150</td> <td>1 R150</td> <td>1 R150</td> <td>1 R200</td> <td>1 R150</td> </tr> <tr> <td></td> <td>2 R300</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>3 R200</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>										OPEN	40 – 49	50 – 59	60 -69	70-79	80+	J	W	10km	1 R300	1 R150	1 R150	1 R150	1 R150	1 R150	1 R200	1 R150		2 R200									3 R100								21.1km	1 R500	1 R150	1 R150	1 R150	1 R150	1 R150	1 R200	1 R150		2 R300									3 R200							
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<p>Route: From centre of town through Heatherlands to the historical Tolhuis in the Montagu Pass and back – undulating with long winding climb to the turn.</p>																																																																							
<p>First Aid: Available</p>																																																																							
<p>Welcome: Walkers / Wheelchairs</p>																																																																							
<p>Enquiries: Johann du Preez @ 084 501 0168</p>																																																																							

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 completing the race.

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 / PR NUMBER											
EMAIL ADDRESS											
EMERGENCY Contact / Cell											
PARTICIPATION AGE CATEGORY:											
JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60 – 69 / 70 -79 / 80+/WALKER											
Race	Entry Fee			Temp Lic Fee			TOTAL				
10km	R65.00			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. 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:.....