



DE DEKKE SPAR GROOTBRAK

6 National Road, De Dekke Centre , Great Brak,
South Coast.

0446202300 dedekke1@retail.spar.co.za
Mon-Fri: 07h30 - 19h30 Saturday: 07h30 - 19h30
Sunday: 08h00 - 16h00 Public Holidays: 07h30 - 19h30

DE DEKKE SPAR 21.1km, 10km, 4km Funrun 04-Feb-23

ONLINE ENTRIES

Distance	21.1km, 10km, 4km Fun run	Cost	Fun run = R30.00+R10.00
Cost	10km= R65.00+R10.00 (ASA license athlete)	Cost	10km= R65.00+R40.00+R10.00(No license athlete)
Cost	21.1km= R85.00+R10.00(ASA license athlete)	Cost	21.1km= R85.00+R40.00+R10.00(No license athlete)
Where	www.aswd.co.za	Close date	29 Jan 2023 @ 23h59

Manual entries from opening till 31 Jan 2023 at 19h00

Distance	21.1km, 10km, Fun run	Cost	Fun run = R30.00
Cost	10km = R65.00 (ASA Licensed Athlete)	Cost	10km = R65.00+R40.00 (Unlicensed Athlete)
Cost	21.1km = R85.00(ASA Licensed Athlete)	Cost	21.1km = R85.00+R40.00 (Unlicensed Athlete)
Where	ASWD Office, Hartenbos Club house, or send a mail to hartenbosdrawwers1@gmail.com		
Close date	31 Jan 2023 @ 19h00		

Entries on 2 Feb 2023 form 15h00 to 18h00

Where	6 National Road, De Dekke Centre , Great Brak, South Coast.	Distance	21.1km, 10km, Fun run
Cost	Fun run = R40.00		
Cost	10km= R65.00+R20.00 (ASA Licensed Athlete)	Cost	10km=R65.00+R40.00+R20.00 (Unlicensed Athlete)
Cost	21.1km= R85.00+R20 (ASA Licensed Athlete)	Cost	21.1km=R85.00+R40.00+R20.00 (Unlicensed Athlete)

NO ENTRIES ON RACE DAY

General information

Start	21.1km start at 06h30, 10km start 06h45, Funrun start at 07h00, All starts will be at the DE DEKKE SPAR	Medals	Fun run - All who complete the fun run in 1h30 10km - Athletes who complete the race in 2 hours 21.1km - Athletes who complete race in 3h30
Finsch	All distances end at DE DEKKE SPAR		
Waterpoint	Waterpoint every 3km		
Information	Petro 072 259 6759 Ferdie 083 294 2640		Johan 082 940 8830 Louise 083 291 6859



The Race is held under the rules of
ASA and ASWD





HARTENBOS DRAWWERS



DE DEKKE SPAR 10km en 21.1km

ENTRY FORM

Entry for 4km, 10km and 21.1km

Online entries funrun	R40	Pre-entries funrun	R30	Late entries funrun	R40
Online entries 10km licensed athletes	R75	Pre-entries 10km licensed athletes	R65	Late entries 10km licensed	R85
Online entries 10km unlicensed athletes	R115	Pre-entries 10km unlicensed athletes	R105	Late entries 10km unlicensed	R125
Online entries 21.1km licensed athletes	R95	Pre-entries 21.1km licensed athletes	R85	Late entries 21.1km Licensed	R105
Online entries 21.1km unlicensed athletes	R135	Pre-entries 21.1km unlicensed athletes	R125	Late entries 21.1km unlicensed	R145
CLOSE ON 29 Jan 23 at 23h59		CLOSE ON 31 Jan at 19h00		CLOSE ON 3 Feb 23 at 18h00	

Licensed No 10km		Licensed No 21.1km		NO ENTRIES ON RACE DAY ONLY COLLECTION OF TEMP LICENSE NUMBERS AND TAGS
Temp licensed No 10km		Temp Licensed No 21,1km		
Tag/Chip No 10km		Tag/Chip No 21.1km		

<i>For office use only</i>				<i>For office use only</i>			
Surname							
First Name							
ID Number							
Date of birth						Age	
	Y	Y	Y	Y	M	M	D
Cell Number					-		-
Postal Address							

Emergency Contact							
Emergency Contact							
Contact number							
Club name							
2022 License Nr						ASA Province	
10km		21.1km		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
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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 case minor)

SIGNED (signed by a parent/legal guardian if the participant is under age of 18)	Date
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**REËLS EN REGULASIES
RULES AND REGULATIONS**

1	Age	<p><i>Minimum age on race day is 14 years for the 10 km. The minimum age for the 4km is 7 years, however entrants younger than 7 years can participate in the 4km if accompanied by a guardian who is 16 years or older.</i></p> <p><i>Minimum age on race day is 16 years for the 21.1 km.</i></p>
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 start at 11h00 and all prize winners must attend the prize giving and the athlete must attend the prize giving in club colours. If an athlete is not at the prize giving or not in club colours he will forfeit his prize.
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	Foreigners are allowed to enter for this event if they have prove form ASA.
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.
11	Entries	<p>Online can be done at www.aswd.co.za and entries forms will be at ASWD office and at all clubs.</p> <p>Late entries only on 4 Feb 22 at De Dekke Spar in Greatbrak between 15h00 till 18h00</p> <p style="text-align: center;">NO ENTRIES ON RACE DAY</p>

INFORMATION

ENTRY FORM

1

Entry forms will be available at the following places

Entry forms will be available at: ASWD Office and Hartenbos Drawwers Clubhouse in Diaz

2

Where to enter for event

Online entries at www.aswd.co.za - Online entries close on 29 Jan 2023 @ 23h59

3

Manual entries can be handed in at

ASWD Office in George, OR Hartenbos Drawwers Clubhouse in Diaz,

Manual entries close on 31 Jan 2023 at 19h00

4

Late entries

Any late entries can be done on 3 Feb 23 at the De Dekke Spar in Grootbrak from 14h00 till 19h00

5

Manual entries payment

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

3 Feb 2023 between 14h00-19h00 and on 4 Feb 23 05h30 tot 06h15

De Dekke Spar Greatbrak

7

Time limit on 10km is 2 hours

10km start at 06h45 at De Dekke Spar

1st 500 entries will be excepted on 10km

8

Time limit on 21.1m is 3h30

21.km start at 06h30 at De Dekke Spar

1st 500 entries will be excepted on 21.1km

9

Waterpoints are between 2.5km and 3,5km apart

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TAKE NOTE: THERE WILL ONLY BE PRIZE MONEY IF THERE ARE 3 OR MORE ATHLETES IN AN AGE CATEGORY

Price money for 10km

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PLACE	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women
	OPEN	JUNIOR	40 - 49	50 - 59	60 - 69	70 - 79	80+	Walk	HARTENBOS
1	R300	R100	R100	R100	R100	R100	R100	R100	R100
2	R200								
3	R100								

Price money for 21.1km

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PLACE	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women
	OPEN	JUNIOR	40 - 49	50 - 59	60 - 69	70 - 79	80+	Walk	HARTENBOS
1	R500	R200	R200	R200	R200	R200	R200	R200	R200
2	R400								
3	R300								

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Contact persons/Kontak persone

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Petro

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