



Knysna
Marathon Club
Waterfront Half Marathon
Presented by:
Knysna Hollow
21km / 10 km / 5 km fun run

VENUE: Knysna Waterfront



DATE: 10 November 2018

TIME: 07h00

Lucky draw – Prizes
R1000 cash prize to the club with the highest number in participation

Mario's open from 6:00 am for coffee or breakfast.
Shopping - Eating and Adventure destination.
Make it a Weekend!

HELD UNDER THE RULES OF ASA AND ASWD

This event is timed by electronic chip. NO CHIP NO TIME



Knysna Waterfront Half Marathon 10 November 2018

INFORMATION

Registration and late entries 10 November – From 06h00 Waterfront North Entrance	
Internet entries: www.knysnamarathonclub.com till 05/11/18	
Entry Fee: 5 km - R35.00 or 10km - R55.00 OR 21.1km – R65.00 No Extra charge for Online entries. +R20 late fee for race day entries	
Start/Finish/Parking Knysna Waterfront Parking at the Waterfront Drive parking area. Race Start/Finish at the South Waterfront Parking area.	
Ablution: Available at Venue -	
Accommodation: www.knysnahollow.co.za	
Medals: Medals to all finishers who complete the race within the cut-off time	
Prize giving: Waterfront Promenade 10h30	
Prize Money: Equal Prize money will be awarded to men and women in the following categories:	
	10km
Open	Position 1 R 500.00 Position 2 R 400.00 Position 3 R 250.00
40 – 49	Position 1 R 250.00
50 – 59	Position 1 R 250.00
60 +	Position 1 R 250.00
70 +	Position 1 R 250.00
Junior	Position 1 R 250.00
Walker	Position 1 R 250.0
	21.1km
Open	Position 1 R 1000.00 Position 2 R 600.00 Position 3 R 400.00
40 – 49	Position 1 R 400.00
50 – 59	Position 1 R 400.00
60 +	Position 1 R 400.00
70 +	Position 1 R 400.00
Junior	Position 1 R 400.00
Walker	Position 1 R 400.00
Route: 5 and 10 km: out and back along the waters edge – very flat for fast times 21.1 km: Waterfront - Leisure Isle Coney Glen and back.	
ASWD Licensed athlete take note: Forget your 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.	
First Aid: At the venue and along the route	
Race Convener: - Gavin Bezuidenhout 083 502 7935 Email: gavbez@gmail.com	

RULES AND REGULATIONS

<p>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 reserve the right to accept / reject any entry received.</p>
<p>Club Colours: Athletes must participate in their correct club colours and display the ASA 2018 license number on the front and back of the vest. All other runners must display temporary number on front and back of vest. No advertising allowed. No Temp License needed for 5km Fun run</p>
<p>Cut-off time: 5km = 1 ½ hrs OR 10km = 2 hrs OR 21.1 = 3 1/2 hrs</p>
<p>Distance markers: Will be placed at every kilometre.</p>
<p>Foreigners: All foreign athletes must comply with IAAF 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.</p>
<p>Minimum ages: 5 km = 9 yrs, 10km = 14 yrs OR 21.1 km = 16 yrs. Athletes must give proof of their age at the request of the Race Referee. (ID / Birth Certificate / Permanent Residence Permit)</p>
<p>Refreshment Tables: Drinking / Sponging stations shall be provided at 2.5 km's, 5 km, 5.66 km, 9.83 km, 13.1 km, 16.1 km, 18.6 km. Water and other suitable refreshments will also be available at the start and finish of the races.</p>
<p>Road: Athletes must stay on the brick paved route and move to the right hand side of the road at all other times, unless instructed differently by the marshals and Traffic Officers.</p>
<p>Safety: No animals allowed (ASA Rule 34.10.1) No earphones will be allowed.(ASA Rule 34.10.6) No Racers allowed (ASA Rule 34.10.3) No Wheelchairs allowed (ASA Rule 34.8.2) - Immediate disqualification (Applies to all events)</p>
<p>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)</p>
<p>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 front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. (Red age tag "W" tag)</p>
<p>Temporary licenses: Will be available to runners at the cost of R35.00.</p>
<p>Transport: No transport will be provided</p>

RACE TIMING: A 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 #	
Temp #	

SURNAME					
FIRST NAME					
MALE		FEMALE			
ADDRESS				Emergency contact details	
				Relation	
				Name	
CELL PHONE NR				Cell NR	
CLUB					
DATE OF BIRTH				AGE	
ID / BC / PR NUMBER					
TEMP NR			Runner		Walker
2018 LICENSE #				PROVINCE	
5KM –Fun run R35.00		10KM – R55.00		21.1km – R65.00	
PARTICIPATION CAT: 10 km & 21.km (min 16yr for 21km) 14 – 19 / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70 + or Walker					
	ENTRY FEE				
	Temp Lic R35 (Not needed for 5 km)				
	Late Entry Surcharge R20				
	Voluntary donation to NSRI Station 12				
	TOTAL				

INDEMNITY / DISCLAIMER By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and 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.

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Signature

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Date

Parent / Guardian (if under 18).....