BOSHOFF VISSER

Vlakte Marathon, Half Marathon & 10.4km
(Incorporating closed ASWD Marathon Champs)

24 November 2018

Marathon - 05H00 Heidelberg High School
Half Marathon - 06H00 Zoutpan
10.4km - 07H00 Vondeling Primary School
5km Fun Run - 08H00 Green Shed 2 km on the R323
All Races Finish in Witsand

Presented by

CANSA Cancer Association of South Africa
Research • Educate • Support

Langeberg Athletics Club

Sponsored by

Eureka Mills

Explorer's Garden Route Hessequa

HELD UNDER THE RULES OF ASA AND ASWD and IAAF

ASA ATHLETICS SOUTH AFRICA

ASWD

NLC NATIONAL LOTTERIES COMMISSION

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

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 2018 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 OR 21.1km = 3 hrs 30min OR 42.2km = 5 hrs 30min

Distance markers: Will be placed at every kilometre.

Foreigners: All foreign athletes must comply with IAAF rule 142.2 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
Fun Run	R50.00	None	9 years
10.4km	R80.00	R35.00	15 years
21.1km	R90.00	R35.00	16 years
42.2km	R110.00	R35.00	20 years

ENTRY FEES INCLUDE ALL ON-LINE FEES.

INFORMATION

Registration and Late Entries:
On-Line entries **@ www.aswd.co.za.**   Close Monday 19 Nov @ 23h30.
All Late Entries: will be accepted at a R20 premium to advertised rates
Friday, 23 Nov 2018
17h00 - 20h00 at the Heidelberg High School Sports ground.
Saturday, 24 Nov 2018
04h00 - 04h45 **42.2km** at the Heidelberg Sports ground
05h00 - 05h45 **21.1km** at Zoutpan (start of the half marathon)
06h00 - 06h45 **10.4km** Vondeling Primary School (Start of 10.4 km).
07h00 - 07h45 **Fun Run** at Green Shed 2 km on the R323

Transport: Morning of the race, available from Witsand Camp site at 3.30am **and no later**. To the start of the Half marathon will depart from the starting point at Heidelberg High School Sports Ground at 05h00 sharp. Transport will be available **from the finish to starting** point of each race, direct after prize giving has been concluded.

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.

Start:
42.2km: 05h00 Heidelberg High School Sports Ground
21.1km: 06h00 Zoutpan (Halfway down the R323 to Witsand)
10.4km: 07h00 Vondeling Primary School (10 km from Witsand on the R323)
5km: 8h00 Green shed 2km from Port Beaufort/Witsand on the R323

Finish: *All races finish in Witsand*

Ablution: Avalible at start and finish

First Aid: Will be available

Hand-outs: Goodiebags for first 100 entries

Medals: Gold: Winner of Marathon & Half marathon
               Silver: Marathon sub 3h15; Half Marathon sub 1h30
               Bronze: Everybody finishing within the cut-off times.
5km & 10.4km - medals to all finishers.

Prize giving: Will take place at 10h30 in Witsand. 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)

Prize Money:

	Mans /Men			Dames/Ladies		
	10,4	21,1	42,2	10,4	21,1	42,2
Open						
1st	R200	R500	R1000	R200	R500	R1000
2nd	R100	R250	R500	R100	R250	R500
3rd	R80	R100	R250	R80	R100	R250
40-49						
1st	R100	R150	R250	R100	R150	R250
50-59						
1st	R100	R150	R250	R100	R150	R250
60-69						
1st	R100	R150	R250	R100	R150	R250
70+						
1st	R100	R150	R250	R100	R150	R250
Junior						
1st	R50	R100		R50	R100	

Accommodation:

A variety of accommodation is available ranging from "low budget" in the local High School hostel (028 722 1455 Mon-Fri 08:00-14:00) to Heidelberg Hotel (028 722 1860) to guest houses or visit the following link for more information: www.explorersgardenroute.co.za or call 087 802 6403 to get more information on accommodation.

Welcome: Walkers

Enquiries: *Nico Steyn - 083 226 3091*

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.