

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 reserves 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 numbers on the <u>front and back</u> of the vest. All other runners must display temporary number on <u>front</u> of vest. No advertising allowed.</p>			
<p>Cut-off time: 10km = 2 hrs OR 21.1km = 3 1/2 hrs OR 42.2km = 5 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>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)</p>			
<p>Accommodation: Remax Coastal Holiday letting 044 – 3825722</p>			
<p>Refreshment Tables: Drinking / Sponging stations shall be provided close to 3km intervals. Water and other suitable refreshments shall be available at the start and finish of all races.</p>			
<p>Road: Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers. 42km Runners will run on the Lagoon side of the N2 till directed to cross near the White bridge</p>			
<p>Safety Rule (ALL DISTANCES): No Earphones (ASA Rule 30.10.6), Animals (ASA Rule 30.10.1), Racers (ASA Rule 30.10.3), or Wheelchairs (ASA Rule 30.10.4) allowed.</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 30.8)</p>			
<p>Age Tags: Participants will be eligible for prizes in the <u>OPEN</u> category and the age category for which they have entered provided the relevant <u>OFFICIAL ASWD</u> 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 Open. (Red age tag or "W" tag)</p>			
Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R20.00	None	9 years
10km	R40.00	R35.00	14 years
21.1km	R50.00	R35.00	16 years
42.2km	R65.00	R35.00	20 years
<p>Late entries available on the day of the event from 5:00 till 5:45 at the start venue. Late entries will attract a R20 late entry fee. Online entries available from www.knysnamarathonclub.com No admin fee is charged for online entries. Online entries close on 14 March</p>			

Knysna Heads Marathon Sunday 17 March 2019

Knysna Heads Marathon

Presented by:
Remax Coastal

42.2km, 21.1km, 10 km & 5km

Comrades & Two Oceans Qualifier



VENUE: Thesen Islands
Sunday - 17 March 2019

TIME: 06h00 (42.2km & 21.1 km)
06h30 (10km & 5km)

HELD UNDER THE RULES OF ASA AND ASWD



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

INFORMATION

Registration and late entries: www.knysnamarathonclub.com			
Thesen Islands, Knysna, 5:00 till 5:45 on 17 March 2019			
Transport: Bailers pickup on the 42km will be provided.			
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: Thesen Islands, Knysna, 42km & 21km start at 6:00 10km & 5km start at 6:30			
Finish: Thesen Islands, Knysna			
Ablution: Toilets at the Venue, Showers will be open at the Knysna Marathon Club house at Loeri Park, George Rex Drive			
First Aid: at the venue and along the route.			
Hand-outs: Lucky Prizes			
Medals: Medals to all finishers who complete the race within the cut-off time.			
Prize giving: Thesen Islands. 10km and 21km Prize giving at 10:00 42km Prize giving at 11:30 Athletes are responsible to collect their own prize money or make an alternative arrangement with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.9)			
	42 Km	21 km	10 km
1st Open	R 600	R 400	R 200
2nd Open	R 400	R 300	R 150
3rd Open	R 300	R 200	R 100
40-49	R 400	R 200	R 100
50-59	R 400	R 200	R 100
60-69	R 400	R 200	R 100
70+	R 400	R 200	R 100
Junior		R 200	R 100
Walker		R 200	R 100
Route: Along the waters edge – very flat for fast times			
Enquiries: Gavin Bezuidenhout 083 502 7935			
Email - gavbez@gmail.com			

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 2019			
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+ (Walker = OPEN)								
Reduced Entry Fee subsidised by Remax Coastal								
Race	Entry Fee				Temp Lic Fee	TOTAL		
Fun Run	R20.00				None			
10km	R40.00				R35.00			
21.1km	R50.00				R35.00			
42.2km	R65.00				R35.00			
Late Entry Fee	R20.00							
Donation Knysna NSRI								
					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 years)