

TORTOISE TUFF



**HELD UNDER THE
AUSPICES OF
ASWD, ASA & WA**



ASWD



**10km Run, 10km Walk,
3km Fun Run**

8am Sat 10 June 2023 from Sedgefield Lions Clubhouse



With us you are Number One

**Online entries available from
www.aswd.co.za. Add R10 when entering
online. Online entries open on 15 April and
close on 05 June 2023.**

**Late entries will be available on the day of the
event from 06.00 to 07.30 at the start venue. Late
entries will attract a R20 late entry fee.**

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

**IMPORTANT
NOTICE**



**NO WATER SACHETS
on the race.
We use cups with water.
DO NOT LITTER**

PLEASE NOTE START TIMES

10km Run and Walk: 08:00 Fun Run: 08:15

RULES & 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 2023 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 = 1½ hours

Distance markers: Will be placed at every kilometre.

Foreign Athletes: All foreign athletes must comply with WA 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 since 1994)

Race numbers: As provided by organisers. Front and/or back. Placed over permanent or temp no./s in manner that ASA License Sponsor and ASA Province / Year is visible above the race number. (ASA Rule 26.1.6)

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 tags/white background (ASA Rule 22.9)

Race	Entry Fee	Temp Lic Fee	Minimum Age
3km Fun Run	R20.00	None	9 years
10km Run	R65.00	R40.00	14 years
10km Walk	R65.00	R40.00	14 years

Late entries will be available on the day of the event from 06:00 until 07:30 at the start venue. Late entries will attract a R20 late entry fee. Online entries available from www.aswd.co.za. Add R10 when entering online. Online entries open on 15 April and close on 05 June 2023.

RACE INFORMATION

Entries: 1. Online: www.aswd.co.za. 2. By Hand: You can enter and pay at Top Gear Sport George or send your entry to raceconvenor@sedgefieldstriders.co.za with proof of payment into bank account: ABSA, 632005, Sedgefield Striders, 9075103723. **ONLY EFT - NO CASH DEPOSITS!**

Registration and late entries: Lions Club, Village Green, Pelican Street, Sedgefield. Saturday, 10 June 2023 at 06:00-07:30. Late entries will attract a R20 late entry fee over advertised fees.

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: Lions Club, Village Green, Pelican Street, Sedgefield – 08:00

Finish: Lions Club, Village Green, Pelican Street, Sedgefield

Ablutions: Ablution facilities at the venue. No showers available.

First Aid: At the venue and along the route.

Hand-outs: Lucky Draw Prizes

Medals: Medals to all finishers who complete the race within the cut-off time.

Prize giving: Lions Club, Village Green, Pelican Street, Sedgefield at 10:15. Athletes are responsible for the collection of their own prize money, otherwise please make an alternative written arrangement with the Event Organizer. Failing this prize money will be forfeited. (**ASA Rule 2.10**)

Prizes: In the form of Pick n Pay vouchers of equal value for male and female athletes.

Category	Run	Walk
1st Open	R300	R300
2nd Open	R200	R200
3rd Open	R150	R150
1st Junior	R100	R100
1st Veteran (40-49)	R100	R100
1st Master (50-59)	R100	R100
1st Grand Master (60-69)	R100	R100
1st Great Grand Master (70+)	R100	R100

Route: Road race course: in and around Sedgefield.

Welcome: Walkers

Enquiries: Sarie Exton – 081 895 5285, raceconvenor@sedgefieldstriders.co.za

Race Results: www.aswd.co.za

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 2023		
DATE OF BIRTH	D	D	M	M	YYYY	AGE	
MALE					RUNNER		
FEMALE					WALKER		
CLUB							
ADDRESS							
CELL NUMBER							
ID / BC / PP / DL No.							
EMAIL ADDRESS							
EMERGENCY CONTACT							

PARTICIPATION AGE CATEGORY: JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70+ (RUN & WALK)

Race	Entry Fee	Temp. Lic Fee	TOTAL
3KM FUN RUN	R20.00	NONE	
10KM RUN	R65.00	R40.00	
10KM WALK	R65.00	R40.00	
DONATION TO LIONS			
TOTAL			

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, 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;

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:.....