

## RULES AND REGULATIONS

| <p><b>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.</b></p>   |           |              |             |
|--|-----------|--------------|-------------|
| <p><b>Club Colours:</b> Athletes must participate in their correct club colours and display the ASA 2023 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><b>Cut-off time:</b> 10km = 2 hrs - 21.1km = 3 1/2 hrs - 42.2km = 5 1/2 hrs</p>   |           |              |             |
| <p><b>Distance markers:</b> Will be placed at every kilometre.</p>   |           |              |             |
| <p><b>Foreigners:</b> 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><b>Proof of Age:</b> 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><b>Refreshment Tables:</b> 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><b>Road:</b> 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 until directed to cross near the White bridge</p>  |           |              |             |
| <p><b>Safety Rule (ALL DISTANCES):</b> 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) are allowed.</p>   |           |              |             |
| <p><b>Seconding:</b> No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding - <b>stand and hand rule</b> will only be permitted within <b>the delineated area at water points. (ASA Rule 30.8)</b></p>  |           |              |             |
| <p><b>Age Tags:</b> 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, <b>visible and above license number</b>, front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to Open. (<b>Red age tag or "W" tag</b>)</p> |           |              |             |
| Race   | Entry Fee | Temp Lic Fee | Minimum Age |
| Fun Run  | R20.00    | None         | 9 years     |
| 10km   | R70.00    | R40.00       | 14 years    |
| 21.1km   | R90.00    | R40.00       | 16 years    |
| 42.2km   | R110.00   | R40.00       | 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 <a href="http://www.knysnamarathonclub.com">www.knysnamarathonclub.com</a> No admin fee is charged for online entries. Online entries close on 1 March</p>   |           |              |             |



Rawson Knysna Heads Marathon Saturday 4 March 2023

# Knysna Heads Marathon

42.2km, 21.1km, 10 km & 5km

**Comrades & Two Oceans Qualifier**



YOUR NEIGHBOURHOOD EXPERTS

**VENUE: Thesen Islands**  
Saturday - 4 March 2023

**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**

Sponsored By:



## INFORMATION

|   |              |              |              |
|---|--------------|--------------|--------------|
| <b>Registration and late entries:</b> <a href="http://www.knysnamarathonclub.com">www.knysnamarathonclub.com</a>  |              |              |              |
| Thesen Islands, Knysna, 5:00 till 5:45 on 4 March 2023  |              |              |              |
| <b>Transport:</b> Bailers pickup on the 42km will be provided.  |              |              |              |
| <b>ASWD licensed athlete take note:</b> 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.   |              |              |              |
| <b>Start:</b> Thesen Islands, Knysna, <b>42km &amp; 21km start at 6:00</b><br><b>10km &amp; 5km start at 6:30</b>   |              |              |              |
| <b>Finish:</b> Thesen Islands, Knysna   |              |              |              |
| <b>Ablution:</b> Toilets at the Venue, Showers will be open at the Knysna Marathon Club house at Loeri Park, George Rex Drive   |              |              |              |
| <b>First Aid:</b> at the venue and along the route.   |              |              |              |
| <b>Hand-outs:</b> Lucky Prizes  |              |              |              |
| <b>Medals:</b> Medals to all finishers who complete the race within the cut-off time.   |              |              |              |
| <b>Prize giving:</b> Thesen Islands. 10km and 21km Prize giving at 10:00<br>42km Prize giving at 11:30 Athletes are responsible to collect their own prize money or make an alternative arrangement with the Event Organizer. <b>Failing which prize money is forfeited. (ASA Rule 2.9)</b> |              |              |              |
|   | <b>42 Km</b> | <b>21 km</b> | <b>10 km</b> |
| 1st Open  | R 750        | R 500        | R 250        |
| 2nd Open  | R 500        | R 400        | R 200        |
| 3rd Open  | R 400        | R 250        | R 150        |
| 40-49   | R 500        | R 250        | R 150        |
| 50-59   | R 500        | R 250        | R 150        |
| 60-69   | R 500        | R 250        | R 150        |
| 70+   | R 500        | R 250        | R 150        |
| Junior  |              | R 250        | R 150        |
| Walker  |              | R 250        | R 150        |
| <b>Route:</b> Along the waters edge – very flat for fast times  |              |              |              |
| <b>Enquiries:</b> Barry Danvers <b>083 2921580</b>  |              |              |              |
| <b>Email</b> - <a href="mailto:cathy.danvers@yahoo.com">cathy.danvers@yahoo.com</a>   |              |              |              |

**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.

Sponsored By:

# ENTRY FORM

|                  |
|------------------|
| <b>ADMIN USE</b> |
| <b>CHIP NO</b>   |
| <b>TEMP NO</b>   |

|   |                  |                     |              |   |                    |            |  |
|---|------------------|---------------------|--------------|---|--------------------|------------|--|
| <b>SURNAME</b>  |                  |                     |              |   |                    |            |  |
| <b>FIRST NAME</b>   |                  |                     |              |   |                    |            |  |
| <b>PROVINCE</b>   |                  |                     |              |   | <b>LIC NO 2023</b> |            |  |
| <b>DATE OF BIRTH</b>  | D                | d                   | m            | M | yyyy               | <b>AGE</b> |  |
| <b>MALE</b>   |                  |                     |              |   | <b>RUNNER</b>      |            |  |
| <b>FEMALE</b>   |                  |                     |              |   | <b>WALKER</b>      |            |  |
| <b>CLUB</b>   |                  |                     |              |   |                    |            |  |
| <b>ADDRESS</b>  |                  |                     |              |   |                    |            |  |
| <b>CELLPHONE NR</b>   |                  |                     |              |   |                    |            |  |
| <b>ID / BC / PR NUMBER</b>                                      |                  |                     |              |   |                    |            |  |
| <b>EMAIL ADDRESS</b>  |                  |                     |              |   |                    |            |  |
| <b>EMERGENCY Contact / Cell</b>                                 |                  |                     |              |   |                    |            |  |
| <b>PARTICIPATION AGE CATEGORY:</b>                              |                  |                     |              |   |                    |            |  |
| JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70+ (Walker = OPEN) |                  |                     |              |   |                    |            |  |
|   |                  |                     |              |   |                    |            |  |
| <b>Race</b>   | <b>Entry Fee</b> | <b>Temp Lic Fee</b> | <b>TOTAL</b> |   |                    |            |  |
| Fun Run   | R20.00           | None                |              |   |                    |            |  |
| 10km  | R70.00           | R40.00              |              |   |                    |            |  |
| 21.1km  | R90.00           | R40.00              |              |   |                    |            |  |
| 42.2km  | R110.00          | R40.00              |              |   |                    |            |  |
| 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.

.....  
**Signature**  
 .....

.....  
**Date**  
**Parent/Guardian (if under 18 years)**

Sponsored By:

