

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 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: 10 km = Runners: 1½ hrs Walkers: 2hrs

Distance markers: Will be placed at every kilometre.

Foreigners: No foreigners allowed to participate in this race.

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)

Refreshment Tables: Drinking / Sponging stations shall be provided at 5km mark and finish.

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 point. (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
Fun Run	R 30.00	None	9 years
10km	R65.00	R40.00	14 years

GREATBRAK WEDLOOP/RACE

10KM / FUN RUN

PRESENTED BY MOSSEL BAY HARRIERS



22 APRIL 2023

07H00

**LAERSKOOL/PRIMARY SCHOOL
VORENTOE
SPORTGRONDE/SPORTGROUNDS**

10km: R 65.00

5km: R 30.00

HELD UNDER THE RULES OF ASWD, ASA and WA



INFORMATION

Pre-Entries: Send completed entry form with proof of payment to harriersmbay@gmail.com Dates for submission: 3rd April till 18 April 2023, 18H00. ABSA Bank Branch: 632003 Current Acc Nr: 2070140902

Entries: Laerskool Vorentoe Sport Field

Date: 22 April 2023 **Time:** 05H30 – 06H45

ASWD Licensed athlete take note: Timing will be done by electronic system but not IPICO system; no chip needed.

Non-Licensed athletes can collect their temporary numbers on 22 April 2023, Sport field from 05H30

Start: 07h00 in Longstreet, in front of super market close to Laerskool Vorentoe Sports Field.

Finish: Laerskool Vorentoe Sports field

Ablution: On the field

First Aid: On route and at finish

Medals: To all finishers who complete the race within the cut-off time. 10km: **Gold** = Category winners **Silver:** 30 **Bronze** = all other finishers in time. **FUN RUN:** All finishers

Prize giving: 09H00 or as soon as last athlete finish. Please give notice in writing to referee/race organizer if someone needs to collect prize money on your behalf. Failing in which prize money is forfeited. (ASA Rule 2.10)

Prize Money: Equal prize money for male and female athletes.

[Prize money for disabled athletes will only be awarded if there are three athletes racing in the same specification category.]

	10km	Open	Junior	40 – 49	50 – 59	60 – 69	70+	Walker
1 st		R200	R100	R100	R100	R100	R100	R100
2 nd		R150						
3 rd		R100						

Route: Flat and fast around the river pond

Welcome: Walkers welcome

Enquiries: Paulus Allart 0734125440 **OR** Jacob Karelse 0730817484

Email address: harriersmbay@gmail.com Michael Tobias 0713401091

RACE TIMING: Electronic system; results will be available at finish.

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							
CELLPHONE NR							
ID / BC / PP / DL No.							
EMAIL ADDRESS							
EMERGENCY Contact / Cell							
PARTICIPATION AGE CATEGORY: JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70+							
Fun Run	R 30.00			None			
10km	R65.00			R40.00			

INDEMNITY / 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:.....