

ENTRY FORM

ADMIN USE

CHIP NO
TEMP NO

Pre-entry only. Cut off 10am 4 March 2019

ONLINE: www.aswd.co.za

EFT: : SEDGFIELD STRIDERS, ABSA BANK ACC:907 5103 723 FAX to 086 614 2109

FEMALE MALE RUNNER WALKER

ROAD RUN

inclusive of timing Chip

30km (minimum age 19) R 70.00

10km (minimum age 14) R 55.00

3km (minimum age 9) R 15.00 (Fun Run)

Temp Licence* R 35.00 (Not reqd for fun run) Temp Licence* R 35.00

Late Entry Fee** R 20.00 Late Entry Fee** R 20.00

TOTAL R..... TOTAL R.....

*The Temp Licence fee is applicable to unlicensed participants of the 30km, 10km AND 21km Trail Run.

**Late Entries only accepted on Friday 8/3/2019

CATEGORY: JUNIOR OPEN 40-49 50-59 60-69 70+

Surname First Name

ID No..... Age at 9/03/2019..... Date of Birth
(compulsory to complete)

Club Province

2019 Licence No..... Temp Licence No Tel. No.

Cell No..... email address.....

Emergency Contact Number

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 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.

Signed Date.....

Minor Release: 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.

Signed by a parent /legal guardian if the participant is under the age of 18..... Date.....

TORTOISE TUFF



HELD UNDER THE
AUSPICES OF
ASWD, ASA & IAAF



30km & 10km Run / Walk*, 3km Fun Run

21km Goukamma Trail Run

& ASWD Sub-youth Trials 3km Fun Run

*Incorporating ASWD 10km Race Walking Trials

Sat 9 March 2019 from Sedgefield Primary School



With us you are Number One



Municipality Munisipaliteit uMasipala



PRE-ENTRY EVENT. LATE ENTRIES WILL ONLY BE ACCEPTED ON FRIDAY 8/3/2019
R20 LATE ENTRY FEE WILL APPLY. WE REGRET NO LATE ENTRIES ON RACE DAY
Online entries www.aswd.co.za CLOSING DATE 10am 4/3/2019
This event is timed by electronic chip NO CHIP NO TIME

PLEASE NOTE START TIMES 30km Walk: 06h00; 30km Run: 07h00; 21km Trail Run: 07h10
10km Run / Walk: 07h15; Fun Run: 08h00

General Information....

General

- 1) **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. **ASWD Licensed athlete take note:** Forget your 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.
- 2) **PRE-ENTRIES:** WE REGRET NO LATE ENTRIES WILL BE ENTERTAINED ON RACE DAY. NO UP OR DOWNGRADES EITHER. LATE ENTRIES WITH A FEE OF R20 WILL BE ACCEPTED ON FRIDAY 8/3/2019
Online: www.aswd.co.za EFT entries: ABSA Bank Acc No. 907 5103 723 (fax proof of payment and entry form to 086 614 2109) Entry forms available from Tekkie Town branches (Garden Route Mall, Langeberg Mall, Knysna, Sedgefield, Oudtshoorn, Plettenberg Bay), Top Gear (Meade Str, George). Entries cut off: 10:00 on Monday 04/03/2019 NB NO CASH DEPOSITS OR CHEQUES WILL BE ACCEPTED.
- 3) **REGISTRATION:** At Sedgefield Primary School Friday 8/03/19 from 17h00 - 19h00 or Saturday 9/03/19 from 05h30.
- 4) **RACE START:** Sedgefield Primary School. 30km Walk 06h00, 30km Run at 07h00, 10km Run/Walk 07h15
Trail Run at 07h10. Fun Run at 08h00.
- 5) **PRIZE GIVING:** 11h15 for 10km, 30km and Trail Run. 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).
- 6) **ROUTE:** Road race course: in and around Sedgefield. Trail Run loops through Goukamma Nature Reserve and along the beach.
- 7) **FINISH:** Sedgefield Primary School.
- 8) **MEDALS:** Medals to all who complete an event within the allocated time.
- 9) **FABULOUS LUCKY DIP PRIZES:** Available at prize giving - but you have to be there!
- 10) **REFRESHMENTS:** Food and drinks will be on sale at the school fields.
- 11) **FIRST AID:** A qualified first aider will be on duty with doctors on standby.
- 12) **ABLUTIONS:** Toilets are available at the start/finish.

Prize Categories

NB: EQUAL PRIZE MONEY FOR MALE AND FEMALE

	Runners:	Walkers:
30km	1st R500 2nd R350 and 3rd R200 1st Junior R100 1st Vet R100 1st Master R100 1st Grandmaster R100 1st Great Grandmaster R100	1st R200
10km	Runners and Walkers: 1st R300 2nd R200 and 3rd R150 1st Junior R100 1st Vet R100 1st Master R100 1st Grandmaster R100 1st Great Grandmaster R100	
21km Trail	1st R300 2nd R200 3rd R100 1st Junior R100 1st Vet R100 1st Master R100 1st Grand Master R100 1st Great Grandmaster R100	

FOR MORE INFORMATION PLEASE CONTACT SARIE ON 074 177 6888

Race Rules www.sedgefieldstriders.co.za

All road races held subject to the rules of ASA and Athletics SWD. 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 organiser reserves the right to accept / reject any entry received.

- 1) **CLUB COLOURS:** Athletes must participate in correct club colours and display ASA 2019 licence numbers on the front and back of vests. All other athletes must display temporary licence numbers on the front of the vest. No advertising allowed.
- 2) **CUT-OFF TIMES:** 3km = 1hr; 10km = 1 ½ hrs; 30km = 4 hrs; Trail Run = 4hrs
- 3) **DISTANCE MARKERS:** Placed at every kilometre for road runs. Trail Run will be marked with directional pointers.
- 4) **RUNNERS FROM OUTSIDE SA:** 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.
- 5) **MINIMUM AGE TO COMPETE:** Fun Run = 9 years, 10km = 14 years; 30km = 19 years. Trail Run = 16 years. Athletes must give proof of age at the request of the Race Referee. (SA ID/Passport/Drivers License/Refugee Permit/Birth Cert)
- 6) **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
- 7) **REFRESHMENT TABLES:** Drinking stations 2.5 to 3.5km apart on road races or more frequently if weather conditions warrant such provision. Water and other suitable refreshments will be available at the start / finish of all races. Trail runners must provide their own hydration.
- 8) **ROAD:** Athletes must stay on the right hand side of the road unless instructed differently by the marshalls and traffic officers.
- 9) **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.
- 10) **SECONDING:** No seconding from cyclists or private vehicles allowed. Personal seconding, stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 34.8.2)
- 11) **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).

21km TRAIL RUN

- 1) Athletes must carry their own water.
- 2) Athletes must stay on the marked course (no shortcuts!)
- 3) It is recommended that athletes carry a cell phone with them in case of emergency
- 4) Please keep the nature reserve pristine and leave only your footprints behind!

Should you require accommodation please call Sedgefield Info on 044 343 2007, Pine Lake Marina on 044 349 2200, Brenton Haven on 044 381 0040 or Sunset Cottage 082 804 7064. For camping call Lake Pleasant on 044 343 1985.