

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 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.</p>			
<p>Cut-off time: 10km = 1 ½ hrs</p>			
<p>Distance markers: Will be placed at every kilometre.</p>			
<p>Foreigners: All foreign athletes must comply with WA 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>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.</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.</p>			
<p>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.</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 34.8.2)</p>			
<p>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 tag)/white background (ASA Rule 22.9</p>			
Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R30.00	None	9 years
10km	R65.00	R40.00	14 years



5km & 10km

Presented by



Sponsored by

PALM TYRES

**Late Entries
on Friday
23 June from
18h00-20h00**

**24 June 2023
08:00**

COURTENAY STREET

**10 KM (R65)
5KM (R30)**

**ONLINE
ENTRIES close on
Wed.
21 June 2022
@12h00 & Drop off
@ 17H00**

HELD UNDER THE RULES OF ASA & ASWD



NATIONAL LOTTERIES COMMISSION

a member of **the dti** group



ASWD

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

INFORMATION

<p>Online entries @ www.aswd.co.za Close Wednesday 21 June @ 12h00. (Additional R10 to Online Fees) NO REFUNDS!!! Drop off Entries at Top Gear & Palm Tyres close Wednesday 21 June @ 17h00 Late Entries at Friday 23 June between 18h00 – 20h00. Late Entries will attract a R20 premium to advertised rates. Fun Run entries on Day of race</p>																																																				
<p>Transport: Own /Private</p>																																																				
<p>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.</p>																																																				
<p>Start: Palm Tyres @ 08h00</p>																																																				
<p>Finish: Palm Tyres</p>																																																				
<p>Ablution: Palm Tyres</p>																																																				
<p>First Aid: Palm Tyres - Available at start & routes</p>																																																				
<p>Medals: Medals to all finishers who complete the race within the cut-off time.</p>																																																				
<p>Prize giving: Palm Tyres at 09h45. 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)</p>																																																				
<p>Prize Money: 10km race, 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 E.g. No prize money for Fun Run</p> <table style="margin-left: 40px;"> <tr> <td>OPEN</td> <td>40 – 49</td> <td>=</td> <td>50 – 59</td> <td>=</td> <td>60 – 69</td> <td>=</td> <td>70-79</td> <td>=</td> <td>80+ =</td> <td>J</td> <td>=</td> <td>W</td> </tr> <tr> <td>Position R300</td> <td>R100</td> <td></td> <td>R100</td> <td></td> <td>R100</td> <td></td> <td>R100</td> <td></td> <td>R100</td> <td>R200</td> <td></td> <td>R100</td> </tr> <tr> <td>Position R200</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>R100</td> <td></td> <td></td> </tr> <tr> <td>Position R100</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>	OPEN	40 – 49	=	50 – 59	=	60 – 69	=	70-79	=	80+ =	J	=	W	Position R300	R100		R100		R100		R100		R100	R200		R100	Position R200										R100			Position R100												
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<p>Route: Map available at Registration</p>																																																				
<p>Welcome: Walkers / Wheelchairs</p>																																																				
<p>Enquiries: E. Botha (0662275501)</p>																																																				

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 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							
CELLPHONE NR							
ID / BC / PR NUMBER							
EMAIL ADDRESS							
EMERGENCY Contact / Cell							
PARTICIPATION AGE CATEGORY:							
JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70-79/80+							
Cheque made out to – Rainbow AC, P.O. Box, Town, Postal Code. Internet transfer to Bank, Branch Code, Account Number							
Race	Entry Fee	Temp Lic Fee	TOTAL				
Fun Run	R30.00	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:.....