

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 <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>Cut-off time: 10km = 2 hrs</p>			
<p>Distance markers: Will be placed at every kilometre.</p>			
<p>Foreigners: 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.</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 since 1994)</p>			
<p>Refreshment Tables: Drinking / Sponging stations will be provided at 3km intervals (Min 2.5km – Max 3.5km apart). Water and other suitable refreshments will be available at the start and finish.</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 <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, 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)</p>			
Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R30.00	None	9 years
10km	R75.00	R45.00	14 years

10 km
5 km Fun Run



LOVE
LIFE

NIGHT RUN
WILDERNESS



Wednesday 6 DECEMBER 2023

PRESENTED BY



ENTRIES

- ONLINE: WWW.ASWD.CO.ZA [Untill Monday, 04/12/23, 10h00]
- TOP GEAR SPORT, GEORGE [Untill Tuesday, 05/12/23, 17h00]
- RACE DAY: 06/12/2023 FROM 16:45 - 17:45

START / FINISH @ THE WILDERNESS HOTEL

10 km starts @ 18:00 / 5 km starts @ 18:15 [Swimming pool area]

CONTACT: HELENA 076 593 9636 / HENRY 082 333 6631

HELD UNDER THE RULES OF ASWD, ASA and WA



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

THANK YOU TO OUR SPONSOR!

SPAR

INFORMATION

Pre entries:

1. Enter online at www.aswd.co.za (R10 added to online fee). Closing date for online entries Monday 04 December 2023 at 10H00.
2. Manual pre entries can be completed at Top Gear, George. Closing date for manual pre entries Tuesday 05 December 2023 at 17H00.

Registration and late entries: At The Wilderness Hotel from 16H45 to 17H45 on race day 06 December 2023.

Race day entries will attract a R20 premium to advertised rates

Transport: No transport available.

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: The Wilderness Hotel: 10 km @ **18H00**, 5km Fun Run @ **18H15**

Finish: The Wilderness Hotel

Ablution: Available at The Wilderness Hotel

First Aid: Provided

Hand-outs: Lucky Prizes

Medals: Bronze medals to all finishers who complete the 10 km race within the cut-off time. Gold, silver and bronze medals handed at the prize giving for the first 3 male and female finishers on the 10 km race. No medals for the 5 km fun run.

Prize giving: At The Wilderness Hotel, when last runner finish, but not later than 19H45. 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)**

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

10km	OPEN	40-49	50-59	60-69	70-79	80+	Jun.	Walk
1st	R300	R100	R100	R100	R100	R100	R100	R100
2nd	R200							
3rd	R150							

Route: Start at the back of The Wilderness Hotel, left onto Whites Rd for scenic loop, down to Waterside Rd towards Ebb & Flow Nat Park, turning point on gravel road, trail section through forest area, back to hotel.

Welcome: Walkers. Not wheelchair friendly.

Enquiries: Helena 076 593 9636 / Henry 082 333 6631 / info@cmce.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										
CELLPHONE NR										
ID / BC / PP / DL No.										
EMAIL ADDRESS										
EMERGENCY Contact / Cell										
PARTICIPATION AGE CATEGORY: JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70-79/80+/WALK										
Race	Entry Fee			Temp Lic Fee			TOTAL			
Fun Run	R30.00			None						
10km	R75.00			R45.00						

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