

## RULES

1. Minimum age on race day is 14 years for the 10km. The minimum age for the 3km is 9 years, however entrants younger than 9 years can participate in the 3km if accompanied by a guardian who is 16 years or older.
2. Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.
3. 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))**
4. Athletes must participate in their correct club colours and display the ASA 2019 license numbers on the front and back of the vest. All other runners must display temporary number on front of vest. No advertising allowed.
5. 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)
6. Athletes must give proof of their age at the request of the Race Referee. (SA ID/Passport/Drivers License/Refugee Permit/Birth Cert)
7. 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.
8. 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.
9. **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.**

## GENERAL

1. Start and finish: Tramonto, Farm and Fellow Restaurant and Guesthouse, Geelhoutboom, George. Drinking stations shall be provided at every 3km intervals or more frequently if weather conditions warrant such provision. Powerade shall be available at the finish. | 3. Distance markers will be placed at every kilometer. | 4. The cut-off time for the 3 and 10km is 2 hours. | 5. First aid is available at the start and the finish. | 6. Ablution facilities will be available. | 7. **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.

## ENTRIES

**Online Entries:** [www.entrytime.com](http://www.entrytime.com)

**By Hand:** Avis van Rental, Tamsui Industria, George, Sportscentre, York Street, and Eden Meander Mall and Top Gear Sport George

## REGISTRATION

Pre-entries close 25 April 2019. Late entries will be accepted on 30 April 2019 from 09:00 till 12:00 at Avis van Rental, Tamsui Industria, George.

**RACE DAY ENTRIES AVAILABLE** - Late entrants will pay R10 premium on advertised entry fees.

## PRIZE GIVING

1. Prize Giving will take place at 10:00 at Tramonto, Farm and Fellow Restaurant and Guesthouse.
2. Athletes are responsible to collect their own prize money or make a written arrangement with the Event Organisers, failing which the money is forfeited. (ASA Rule 2.10)

## ACCOMMODATION

1. Farm and fellow Guesthouse 044 870 7150

## RACE RESULTS

[www.aswd.co.za](http://www.aswd.co.za)  
[www.raceresults.co.za](http://www.raceresults.co.za)



# AVIS Van Rental

**1 May 2019**  
**10km & 3 km fun run/walk at 08H00**



**farm & fellow** Geelhoutboom,  
**Start and Finish:** RESTAURANT | GUESTHOUSE Tramonto, George

[www.entrytime.com](http://www.entrytime.com)

**Enquiries: 083 326 1699 / 044 884 0144**

**Late entries:**

**30 April 2019 from 09:00 till 13:00**

**at Avis van Rental, Tamsui Industria**

**RACE DAY ENTRIES AVAILABLE**



[www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za)

**HELD UNDER THE RULES OF  
ASWD, ASA and IAAF**



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

**AVIS**  
Van Rental

## ENTRY FORM: 10km and 3km fun run

### ENTRY FEE:

10km Licensed Athlete R55 ☐

10km Unlicensed Athlete R90 ☐

3km Fun Run Adults R20 ☐

(MIN age 9 years) - Children R10 ☐

3\10km Blade runners FREE ENTRY ☐

R35 temp license is included for unlicensed athletes - 10km

Late entries on the 1st of May 2019 - Add R10 to the entry free - 10km only

ADMIN USE ONLY

Chip number

Surname	First Name
ID Number	Date of Birth
Telephone	Cell Number
E-mail	
Club Name	2019 License no.
Province	

10km ☐ 3km ☐ Run ☐ Walk ☐ Male ☐ Female ☐

### AGE CATEGORY:

Junior ☐ Open ☐ 40-49 ☐ 50-59 ☐ 60-69 ☐ 70+ ☐

**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 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

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or Guardian Signature if under 18 years of age)  
Entry fee is non-refundable and no substitutions are allowed.



## MEDALS - to all finishers

### Prize Money 10km Run

Positions	Men/Women OPEN	Men/Women 40-49	Men/Women 50-59	Men/Women 60-69	Men/Women 70+	Men/Women Junior	Men/Women Walk
1	R300	R200	R200	R200	R200	R200	R200
2	R200						
3	R100						

### 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.

### NO TIMING CHIP, NO RESULT

