



PetroSA MARATHON 2019

**MARATHON, HALF MARATHON,
10 KM & FUN RUN**

**INCORPORATING
ASWD 10km & 21km RACE WALKING TRIALS**

SANTOS CARAVAN PARK 06h00

MOSSEL BAY

24 August 2019



Presented by
Athletics SWD



Contact Information:

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Visit Mossel Bay



Welcome to the Garden Route. More than 60 kilometres of beaches and warm, beach-going weather throughout the year (with at least 300 days of sunshine in every 365!); The riches of the Indian Ocean, the Cape fynbos, and the Outeniqua Mountains; Culture that stretches back over 164,000 years; 21st century infrastructure; and accommodation for every budget.

Mossel Bay is situated exactly half way between Cape Town - the provincial capital of the Western Cape Province - and Port Elizabeth (both 400 km away), so it's your ideal holiday destination, and the logical place to stop and relax on any local itinerary.

Getting here by air - Mossel Bay is served by a domestic airport at George (with connecting flights to all major centres in South Africa. George Airport (40 km from Mossel Bay central).

But it won't all be relaxing - because there really are so many things to do here.

Tourism Office / Accommodation:

Tel: +27(0)44-691-2202
Fax: +27(0)44-690-3077
Email: admin@visitmosselbay.co.za
Accommodation brochure <http://www.visitmosselbay.co.za>
Soa Bras Hostel: Steven Mitas: 083 362 4565



Take Note: All athletes are responsible to arrange their own accommodation and transport.



Sport Events benefiting a charitable cause have emerged as meaningful experiences for scholars.

Rural schools, in particular, appreciate any form of support towards their sports events which positively impacts on children's development.

Funds received from the entry fees will be allocated to a charity organization of PetroSA choice.



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 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.

Race Numbers & IPICO Chips: Race numbers will be provided and be displayed on the front and the back of the vest, by placing these over permanent or temp no./s in manner that ASA licence Sponsor and ASA Province / Year is visible above the race number. **ASA Rule 26.1.6.** Race numbers and Timing Chips are programmed to the distance entered. You can not enter for the 42km to 21km to 10km or vice versa as this will mix up the result. Failure to adhere to this requirement, will see you barred from future events.

Distance markers: Will be placed at every kilometre.

Foreigners: All international athletes must apply for clearance from ASA and proof of clearance must be attached to entry forms. International runners, particularly those who hope to win any prize, should note that in order for them to take part in the event, they need written approval (Permit) from their own athletics federation. The permit should be submitted to the organizers prior to the event attached to their entry form or latest at Race Registration (**IAAF Rule 142.2**) International runners must supply a copy of their passport at Registration in order to verify their age. When an International runner is entered through a South African club, it is the responsibility of their club to ensure that the permit for the runners is obtained, and to hand it over to the race organizers prior to the event at Race Registration.

Proof of Age: Athletes must give proof of their age at the request of the Race Referee.

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. Rule IAAF 240.8 (d). Athletes who provide their own refreshments must nominate a refreshment station where their refreshments will be made available to them. The refreshments provided by athlete shall be kept under the supervision of a official designated by the O.C.

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**) or 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 of water points. (**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)**)

Drug Testing: Random drug testing, under the auspices of the Institute of Drug Free Sport and Athletics South Africa will be conducted. Officials will be on hand to escort them to the Drug Control Centre. It is a violation of the doping rule for an athlete to fail to, or refuse to, submit to doping control after having been requested to do so by the responsible official. Prize money will only be paid out after the results of drug tests have been received. It is the responsibility of the athlete to ensure that any Therapeutic Use Exemption form has been properly lodged with the authorities before the race. Drug Free Sport website: www.drugfreesport.org.za

Entry Form

Fun Run	10km	21.1km	42.2km	Walker
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Junior	Open	40-49	50-59	60-69	70+
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Surname					
First Name					
Club & Province				Lic. No 2019	
Postal Address					
Telephone Nrs					
Emergency Cell					
Email Address					

Date of Birth			Age on Race Day		M	F
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ID Nr															
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Entry Fees:

Club Members:	R30	
Fun Run		
10km	R70	
21.1km	R90	
42.2km	R130	
T-shirt	R160	
T-shirt sizes		XS/S/M/L/XL/XXL
Non-Club Members: R35 Temp Nr		
Fun Run	R30	
10km	R105	
21.1km	R125	
42.2km	R165	
T-shirt	R160	
Official Charity Donation	R	
TOTAL	R	

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.

Printed name of participant (parent/guardian in the case of a minor).....

Phone:..... Signature:..... Date:.....

Route Information

Route measured by a qualified IAAF route measurer.

Route available on ASWD website

21.1km – IAAF / Measurement Certificate

A flat fast run around the Point and out to Hartenbos and back along Louis Fourie Road to the finish at Santos Caravan Park. Lovely sea views.

10km – IAAF / Measurement Certificate

A flat and fast run through the CBD and around the Point to the finish at the Santos Caravan Park.

Fun Run / Walk

This event follows a different course – relatively easy. Medals to all finishers. Entries on race day.

Prize Money & Handouts

Equal prize money for male and female athletes. All prize and category prize winners must provide the organizers with proof of identity to verify their ages. The 42.2km prizes and category winners will only be paid once drug tests results have been received and subject to clearance. Athletes must be present at prize giving, or they will automatically forfeit their prize. See “Drug Testing” information on the Rules and Regulations page.

42.2km	Open	40 - 49	50 - 59	60 - 69	70 +
1	R60000	R3000	R3000	R3000	R3000
2	R40000	R2000	R2000	R2000	2000
3	R25000	R1000	R1000	R1000	R1000
4	R15000	R800	R800	R800	R800
5	R10000	R500	R500	R500	R500
6	R5000				
7	R4000				
8	R3000				
9	R2000				
10	R1000				

42km Time Incentives
Male Sub 2h13 / Female Sub 2h36 – R10000

21.1km	Open	Junior	40 - 49	50 - 59	60 - 69	70 +	Walkers
1	R10000	R1500	R1500	R1500	R1500	R1500	R1500
2	R8000	R1000	R1000	R1000	R1000	R1000	R1000
3	R6000	R500	R500	R500	R500	R500	R500
4	R4000						
5	R2000						

10km	Open	Junior	40 - 49	50 - 59	60 - 69	70 +	Walkers
1	R5000	R1000	R1000	R1000	R1000	R1000	R1000
2	R3000	R800	R800	R800	R800	R800	R800
3	R2000	R500	R500	R500	R500	R500	R500
4	R1000						
5	R700						

Additional Cash Incentive Awards to the first ASWD Athletes in all 3 events across all Age Categories

Goody Bags for the first 1000 entries & 250 custom printed “PetroSA The run to fuel your life” T-Shirts
Loads of lucky draw prizes up for grabs

Race Information

Race Date and Venue: 24 August 2019 – All races start and finish at the Santos Caravan Park – Mossel Bay

How	Information	Closing Dates				
Online	www.aswd.co.za	19 August 2019 at Midnight				
Drop off Entries	George: ASWD Office 044-8730023 Knysna: Moses Gericke 082 763 7974 Mossel Bay: Maryke Sass 082 568 5490 Oudtshoorn: David McKinnon 082 374 8632	19 August 2019				
Late Entries	Friday 23 August 2019 between 14:00 – 21:00 – Will attract a R20 premium to advertised entry fee. NO ENTRIES ON RACE DAY (Apart from Fun Run)					
General	Successful online Entries will be confirmed by email. No entry substitutions will be allowed. No changing from 42.2km to the 21.1km or 10km 3.5km Fun Run entries on race day					
Race	Start Time	Cut-Off Time	Prize Giving	Entry Fee	Temp Lic	Min Age
42.2km	06:00	11:00	11:30	R130	R35	20 years
21.1km	06:15	09:45	10:30	R90	R35	16 years
10km	06:15	08:00	08:30	R70	R35	14 years
Fun Run	06:30	07:45	Handouts	R30	None	9 years

Registration (Collection of Race Numbers and IPICO Chips):

10km / 21.1km / 42.2km:

Friday 23 August 2019 between 14:00 – 21:00

Fun Run / 10km / 21.1km / 42.2km:

Saturday 24 August 2019 between 04:30 – 05:50

Medals:

Will be awarded to all finishers within the cut-off time.

Race Timing & Results:

A 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.

Results: Will be available on www.aswd.co.za

Tog Bags:

Your Tog Bag will be marked with a special numbered label and you will receive a corresponding numbered receipt. Store it safely on your person. Tog Bags must be collected before 14:00 or they will be treated as lost property. However, runners are advised not to leave expensive or valuable items in their bags as the organizers cannot accept responsibility for any losses. Tog Bags are stored in the Tog Bag facility at the bag owner's own risk.

General:

- Parking, ablution and showers available at Santos Caravan Park.
- First Aid will be available at the start, on the route and at the finish area.
- Medical tent available at the Finish Line with physiotherapists in attendance.
- Please support the Food Stalls on Friday afternoon and Saturday morning – all in aid of local Charities