

RULES: 1] The wearing of club clothes is not mandatory. 2] Only the event race number (10km) will be worn on the front of the vest. 3] Immediate disqualification if a runner tampers with the route markings. 4] Immediate disqualification if a runner is caught littering. 5] Immediate disqualification if a runner damages the trail or any vegetation. 6] **There are no water points on the route, please be self sufficient.** 7] Minimum age for entering is 14 years for the 10km trail run and 9 years for the 5km trail run. 8] No substitutions will be allowed. No refunds. 9] Closing Date for pre entries is 5 August 2023 or as soon as entry cap is reached. 10] Start chutes close strictly at 08:25 (10km trail run) and 08:40 (5km trail run) on race day for compulsory race briefing. Arrivals after this time will not be allowed to start. 11] 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 as well as refuse athletes to participate in race on race day, who screen positive for COVID19 without any refund. Only a maximum of 250 athletes (150 athletes in 10km and 100 athletes in 5km) allowed to participate in this race.

GENERAL

- 1] Start and Finish at Bushman's African Dining
- 2] Cut-off times: 10km = 3 hours | 5km = 2 hours.
- 3] First aid is available at the finish.
- 4] Ablution facilities will be available at start and finish.
- 5] Kindly complete the health screening questionnaire and bring with on race day. (No form, no participation). Form available on www.aswd.co.za/downloads
- 6] Race results available at www.aswd.co.za/results

ONLINE ENTRIES: www.entryninja.com

HAND ENTRIES: Top Gear Sport, George | Nedbank Running Club Time Trial - Oudtshoorn 17:30 at Wes Bank Tennis Club, Buitekant Street | Nedbank Running Club Time Trial - George 17:30 at NRC Clubhouse, Meent Street, Heather Park.

REGISTRATION AND LATE ENTRY

- 1] Pre-entries close on Saturday, 5 August at 16:00.
Late entries (if available) on race day from 07:30 - 08:15 at R20 premium.
- 2] The collection of the race number bib and timing chip (10km) and arm band and chip (5km) will take place on Wednesday 9 August from 07:30 - 08:15 at Bushman's Fine Dining.

DIRECTIONS: Take the N12 from Oudtshoorn in the direction of De Rust for 13km. The venue will be on the left. Coordinates: -33.561802805149, 22.363715310669

ROUTE 2023

The route will be run in **REVERSE**, more downhill than uphill.



TSUMKWE PRIVATE GAME RESERVE
Busman's African Dining

13km from Oudtshoorn on the **N12** towards De Rust

09
AUGUST
2023

10km
08:30

Limited to 150 runners

5km
08:45

Limited to 100 runners

VERSUS MUGS
for the first
40
entries on the
10km trail run



THIRSTI™

Running *wild* at Tsumkwe's Trail Run

Entries: www.entryninja.com | Enquiries: 083 376 7414 | 084 772 2451



www.nedbankrunningclub.co.za

Held under the rules of
ASA | ASWD | WA



This event is timed by
an electronic chip
NO CHIP - NO RESULT



CHANGING THE WAY
THE WORLD VIEWS SPORTS

ENTRY FORM - TRAIL RUN

- R110** 10KM Club Athletes
- R170** 10KM Non-Club Athletes
(Includes temporary number)
- R50** 5KM Club Athletes
- R70** 5KM Non-Club Athletes
(Includes chip hire)

Onlines fees: Add **R10** when entering online: www.entryninja.com

First Name _____ Contact Number _____

Surname _____ Email _____

ID Number _____ Club Name _____

Date of Birth _____ 2023 License Number _____

Junior	<input type="checkbox"/>	Open	<input type="checkbox"/>	Male	<input type="checkbox"/>	Female	<input type="checkbox"/>	Run	<input type="checkbox"/>	Walk	<input type="checkbox"/>
	40-49	<input type="checkbox"/>	50-59	<input type="checkbox"/>	60-69	<input type="checkbox"/>	70-79	<input type="checkbox"/>	80+	<input type="checkbox"/>	

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.

SIGNED _____ DATE _____

MINOR RELEASE

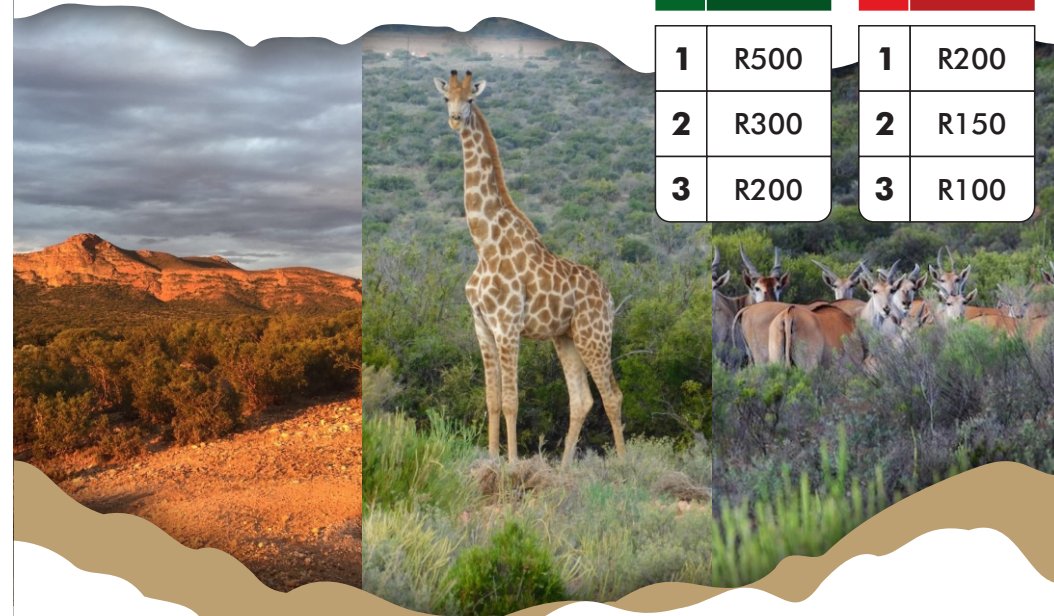
And I the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor. Printed name of participant (parent/guardian in the case of a minor).

SIGNED (Signed by a parent/legal guardian if the participant is under the age of 18) _____ DATE _____

ADMIN USE ONLY

Chip Number _____

Temp. Number _____



PRIZE MONEY

10KM Trail Run **5KM Trail Run**

MEN/ WOMEN OPEN		MEN/ WOMEN OPEN	
1	R500	1	R200
2	R300	2	R150
3	R200	3	R100

MEDALS 10KM

Gold First 5 Men & Women
Silver Next 50
Bronze Next 90

MEDALS 5KM

Gold First 5 Men & Women
Silver Next 30
Bronze Next 60

RACE TIMING

ASWD LICENSED ATHLETES: No loan chip will be available on race day apart from the timing chips for the non-club members. **NO CHIP • NO TIME • NO EXCEPTIONS!!**

The chip is to be worn on your shoe for the duration of the event. The loan chips for non-club members are to be handed back at the end of the race. 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 competing the race.

NO TIMING CHIP - NO RESULT!