



Waterfront Half Marathon

Sponsored by



KNYSNA HOLLOW
COUNTRY ESTATE

**21km, 10 km and 5 km fun run
at the Knysna Water-front**



DATE: 16 November 2019

TIME: 07h00

Lucky draws throughout the day!

Mario's will be open from 6:00 am for coffee or breakfast.

This is a shopping, eating and adventure destination.

Make it a Weekend!



INFORMATION

Registration and late entries 16 November: –

From 06h00 at Waterfront North Entrance

Internet entries: www.knysnamarathonclub.com until 11/11/19

Entry Fee: 5 km - R35.00; 10km - R55.00; 21.1km – R65.00

No Extra charge for Online entries.

R20 admin fee for race day entries.

Start/Finish/Parking: Knysna Waterfront.

Parking at the Waterfront Drive parking area.

Race Start/Finish at the South Waterfront Parking area.

Ablution: Available at Venue. No showers at finish.

Accommodation: www.knysnahollow.co.za

Medals: Medals to all finishers who complete the race within the cut-off time.

Prize giving: Waterfront Promenade 10h30

Prize Money: Equal Prize money will be awarded to men and women in the following categories:

	10km	21.1km
Open	Position 1 R 300.00 Position 2 R 200.00 Position 3 R 150.00	Open Position 1 R 500.00 Position 2 R 400.00 Position 3 R 300.00
40 – 49	Position 1 R 150.00	40 – 49 Position 1 R 300.00
50 – 59	Position 1 R 150.00	50 – 59 Position 1 R 300.00
60 +	Position 1 R 150.00	60 + Position 1 R 300.00
70 +	Position 1 R 150.00	70 + Position 1 R 300.00
Junior	Position 1 R 150.00	Junior Position 1 R 300.00
Walker	Position 1 R 150.0	Walker Position 1 R 300.00

Route: 5 and 10 km: out and back along the waters edge – very flat for fast times!

21.1 km: Waterfront around Leisure Isle, up to Pilots view and back to the Waterfront.

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.

First Aid: - At the venue and along the route

Race Convener: - Danie Brown 0845039093

Email: knysnarunner@gmail.com

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 reserve the right to accept / reject any entry received.</p>
<p>Club Colours: Athletes must participate in their correct club colours and display the ASA 2019 license number on the front and back of the vest. All other runners must display temporary number on the front of vest. No advertising allowed. No Temporary License is needed for the 5km Fun run</p>
<p>Cut-off time: 5km = 1 ½ hours; 10km = 2 hours and 21.1 = 3 ½ hours.</p>
<p>Distance markers: Will be placed at every kilometre.</p>
<p>Foreigners: 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.</p>
<p>Minimum ages: 5 km = 9 years, 10km = 14 years OR 21.1 km = 16 years. Athletes must give proof of their age at the request of the Race Referee. (ID / Birth Certificate / Permanent Residence Permit)</p>
<p>Refreshment Tables: Water points shall be provided at 2.5 km, 5 km, 7.66 km, 9.83 km, 13.1 km, 16.1 km, 18.6 km. Water will also be available at the start and finish of the races.</p>
<p>Road: Athletes must stay on the brick paved route and move to the right hand side of the road at all other times unless instructed differently by the marshals and Traffic Officers.</p>
<p>Safety: No animals or racers (push carts or prams) will be allowed. (ASA rule 34.10.1; 34.10.3) No earphones or in-ear music devices will be allowed. (ASA rule 34.10.6 - Immediate disqualification (Applies to all events)</p>
<p>Seconding: No seconding from cyclists or private vehicles will be allowed on the route. No seconding will be allowed except for 1m on either side of a refreshment station.</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 front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. Red age tag or Orange "W" tag (ASA rule 22.9)</p>
<p>Temporary licenses: Will be available to runners at the cost of R35.00.</p>
<p>Transport: No transport will be provided, adequate parking is available.</p>

This event is timed by electronic chip.


NO CHIP NO TIME

ASWD licensed athletes will use their current personalised chips.

A timing chip will be made available, on a loan basis, to all participants in the 10 and 21.1 km races. 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		2019 Lic. no	
Club			
Date of Birth		Age	
Female		Runner	
Male		Walker	
Address		Emergency contact details	
		Relation	
		Name	
CELL No.		Cell No.	
ID / BC / PR NUMBER			
5KM –Fun run R35.00		10KM – R55.00	
		21.1kM – R65.00	
PARTICIPATION CAT:10 km & 21.km (min 16yr for 21km) 14 – 19 / OPEN / 40 – 49 / 50 – 59 / 60-69 / 70 + or Walker			
	ENTRY FEE		
	Temp Licence R35 (Not needed for 5 km)		
	Late Entry charge R20		
	Voluntary donation to NSRI Station 12		
	TOTAL		

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 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.

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Signature

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Date

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.

Parent / GuardianCell No.....

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