

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: 56km = 7:15 hrs 12 km = 2 hours</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 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.</p>			
<p>Road: Athletes must always stay on the right-hand side of the road, 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	R15.00	None	9 years
12km	R80.00	R45.00	15 years
56km Ultra	R110.00	R45.00	20years

LAINGSBURG

LAINGSBURG KAROO ULTRA MARATHON 56KM

THROUGH THE HEART OF THE KAROO

Presented by

ARLINGTON ATHLETICS CLUB



Sponsored by

WESTERN CAPE GOVERNMENT



Western Cape
Government

FOR YOU



30 September 2023

06:00

Ellis Sport Grounds – Meiring Str.

HELD UNDER THE RULES OF ASWD, ASA and WA



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

INFORMATION

<p>Pre-entries: 1) Enter Online: www.aswd.co.za Closing date for ONLINE pre-entries :26.09.2023 midnight(Additional R10 to online fees) 2) Pre-Entries can also be completed and e-mailed to wvanniekerk73@gmail.com</p>																																																																					
<p>Registration and late entries: Friday 29.09.2023 at Flood Museum (Tourism) from 18:00 – 22:00. Late entrants will pay R20 premium on advertised fee. No late entries on race day</p>																																																																					
<p>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.</p>																																																																					
<p>Start: JJ Ellis Sport Grounds – Meiring St @ 06:00</p>																																																																					
<p>Finish: JJ Ellis Sport Grounds – Meiring St</p>																																																																					
<p>Abution: JJ Ellis Hall</p>																																																																					
<p>First Aid: JJ Ellis Hall and on route. PARAMEDICS on standby</p>																																																																					
<p>Medals: Medals to all finishers who complete the race within the cut-off time. Gold first 10 men and Ladies and Silver to all other finishers.</p>																																																																					
<p>Prize giving: JJ Ellis Hall @ 17h00 Athletes are responsible to collect their own prize money or make a written arrangement with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.10)</p>																																																																					
<p>Prize Money: Equal prize money for male and female athletes.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">56km</td> <td style="width: 10%;">OPEN</td> <td style="width: 15%;">40 – 49</td> <td style="width: 15%;">50 – 59</td> <td style="width: 15%;">60 – 69</td> <td style="width: 15%;">70+</td> <td colspan="2"></td> </tr> <tr> <td>1</td> <td>R5000</td> <td>R2000</td> <td>R1000</td> <td>R500</td> <td>R300</td> <td colspan="2"></td> </tr> <tr> <td>2</td> <td>R3000</td> <td>R1500</td> <td>R800</td> <td colspan="2"></td> <td colspan="2"></td> </tr> <tr> <td>3</td> <td>R2500</td> <td colspan="5"></td> <td colspan="2"></td> </tr> <tr> <td>12km</td> <td>OPEN</td> <td>40 – 49</td> <td>50 – 59</td> <td>60 – 69</td> <td>70-79</td> <td>80+</td> <td>JNR</td> <td>WALKER</td> </tr> <tr> <td>1</td> <td>R500</td> <td>R300</td> <td>R250</td> <td>R200</td> <td>R200</td> <td>R150</td> <td>R150</td> <td>R150</td> </tr> <tr> <td>2</td> <td>R300</td> <td>R250</td> <td>R200</td> <td>R150</td> <td>R150</td> <td></td> <td>R100</td> <td>R100</td> </tr> <tr> <td>3</td> <td>R200</td> <td>R200</td> <td>R150</td> <td>R100</td> <td>R100</td> <td colspan="3"></td> </tr> </table>	56km	OPEN	40 – 49	50 – 59	60 – 69	70+			1	R5000	R2000	R1000	R500	R300			2	R3000	R1500	R800					3	R2500								12km	OPEN	40 – 49	50 – 59	60 – 69	70-79	80+	JNR	WALKER	1	R500	R300	R250	R200	R200	R150	R150	R150	2	R300	R250	R200	R150	R150		R100	R100	3	R200	R200	R150	R100	R100			
56km	OPEN	40 – 49	50 – 59	60 – 69	70+																																																																
1	R5000	R2000	R1000	R500	R300																																																																
2	R3000	R1500	R800																																																																		
3	R2500																																																																				
12km	OPEN	40 – 49	50 – 59	60 – 69	70-79	80+	JNR	WALKER																																																													
1	R500	R300	R250	R200	R200	R150	R150	R150																																																													
2	R300	R250	R200	R150	R150		R100	R100																																																													
3	R200	R200	R150	R100	R100																																																																
<p>Route: The route will take participants into the Karoo countryside on quiet good quality country and farm roads. No major climbs.</p>																																																																					
<p>Welcome: Walkers are welcome to participate on the 12km race (No Wheelchairs)</p>																																																																					
<p>Enquiries: Wilfred Van Niekerk - Nr. 071 053 9682 wvanniekerk73@gmail.com Hilton Meintjies – Nr. 073 692 4220 Meintjieshds01@gmail.com</p>																																																																					

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+							
Race	Entry Fee			Temp Lic Fee		TOTAL	
Ultra (56km)	R110.00			R45.00			
12 KMS	R80			R45.00			
5KM FUN RUN	R15			N/A			
T-Shirt	R130			Size.....			

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 this Indemnity/waiver on behalf of the minor.

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

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