

REËLS EN REGULASIES RULES AND REGULATIONS

This race is subject to 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.

Minimum age 15 for 15km. Minimum age 7 for 4km. Cut-off time for 15km: 2.5 hours

Temporary licences will be available to athletes who are not members of a club at a cost of R35.00

Club Colours: Athletes must participate in their correct club colours and display the ASA 2019 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.

Distance markers will be placed at every kilometer. 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.

Athletes must give proof of their age at the request of the race referee. (Original ID/Birth certificate/Permanent residence permit).

Race numbers: As provided by organisers. Front and/or back. Placed over permanent or temp no./s in manner that ASA License Sponsor and ASA Province / Year is visible above the race number. (ASA Rule 26.1.6)

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])

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.

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.

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)

Athletes must keep to the right hand side of the road in single file, unless instructed differently by Marshals and Traffic Officers.

First Aid is available at start and finish.

ASWD Licensed athletes take note: Forget your chip-you will have to pay R20 to loan one for the race. Lost chip-you will have to pay R75 for a replacement chip.

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LATE ENTRIES AND RACE DAY ENTRIES WILL ATTRACT A R20.00 PREMIUM TO ADVERTISE RATES

PRIZE MONEY: - MALE & FEMALE

		V	М	G/M	GG/M	GGG/M	J	W	
Pos	Open	40 - 49	50 - 59	60 - 69	70 - 79	80+	15 - 19	Walk	Hartenbos Drawwers
1	R 300	R 150	R 150	R 150	R 150	R 150	R 150	R 150	R 150
2	R 200	R 100	R 100	R 100			R 100	R 100	R 100
3	R 150								R 50

RACE TIMING:

An <u>IPICO</u> 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 chip. 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 the loss or damaged chips or those not handed back as required. It remains your responsibility to return the chip to the race organizers even in the event of not completing the race.

NO TIMING CHIP. NO RESULT



21 DECEMBER 2019

www.hartenbosdrawwers.co.za

15Km starts @ 07h00 | 4Km starts @ 07h10



Held under the rules of ASWD ASA and IAAF







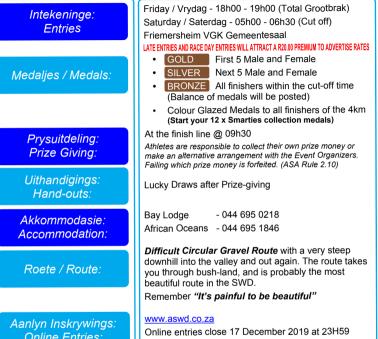
INLIGTING INFORMATION



the minor.

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

INSKRYWINGSVORM ENTRY FORM



Roete / Rou Aanlyn Inskryv Online Entri	vings:	you through bush-land, and is probably the most beautiful route in the SWD. Remember "It's painful to be beautiful" www.aswd.co.za Online entries close 17 December 2019 at 23H59 ENTRY FEES INCLUDE ALL ONLINE FEES				
Race	Entry	Fee	Temp Licence Fe	e Min Age		
Fun Run 4km	R 30.	.00	None	7 Years		
15km	R 60.	.00	R 35.00	15 Years		
Vir meer inlig kontak / For r information co	nore	Johan Hettie	- 082 940 8830 - 082 411 7926	TOTAL Grootbrak (044) 620 3711		
miormation oo		Designed by:	Internet CEO - 072 595 2731	(044) 020 37 11		

Inskrywingsfooi / Entry Fee 15km & 4km	n:	ADMIN USE ONLY			
 Unlicenced Athletes: R95 (R60+R35 Temp licence) 4km (No temp licence required): R36 		Chip nui Temp nu			
Surname:	Firs	st Name:			
ID / BC / PP / DL No:	Date	of Birth:	Age:		
Emergency Tel Number:	Cell	Number:			
Address:					
Club Name:	2019 Lice	ence No:			
E-mail:	Province:				
4km 15km Run	Walk	Male	Female		
Ouderdom Kategorie / Age Category 15-19 Open 40-49 50-59 INDEMNITY / DISCLAIMER By entering this eve of the event including those of IAAF and ASA. I and physical nature of this sporting event, and extent allowed in law, the organizers of the event, staging of the event, provincial and national athlet	ent I undertake warrant that I a not claim ignora my own risk an all sponsors, p	to be bound by the rule im in good health and a ance of these risks and id I release and discha ersons and organizatio	aware of the ris dangers. I here arge, to the full ns assisting in t		

directly or indirectly from my participation in the event including pre- and post-race activities. Minor Release: and I he 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