

ENTRY FORM

ADMIN USE
CHIP NO
TEMP NO

SURNAME			
FIRST NAME			
PROVINCE		LIC NO 2018/2019	
DATE OF BIRTH	D d m M	yyyy	AGE
MALE		RUNNER	
FEMALE		WALKER	
CLUB			
ADDRESS			
CELLPHONE NR			
ID / BC / PR NUMBER			
EMAIL ADDRESS			
EMERGENCY Contact / Cell			
PARTICIPATION AGE CATEGORY:			
JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70+			
Cheque made out to – NO			
Race	Entry Fee	Temp Lic Fee	TOTAL
Fun Run	R30.00	None	
10km	R55.00	R35.00	

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. 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.

.....
Signature
.....

.....
Date
Parent/Guardian (if under 18 years)



Presents
5KM & 10KM NITE RACE
FRIDAY 25 JANUARY 2019 @ 18:00

Sponsored by



START & FINISH @ TOP GEAR SPORTS SHOP

TIME/TYD: 18H00

FEE: (10KM) R55.00

FEE :(5KM) R30.00

TEM.LIC R35.00

HELD UNDER THE RULES OF ASA AND ASWD



Pre-entries close on Thurs. 24th @ 17h00



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

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 2018 license numbers on the front and back of the vest, All other runners must display temporary number on front of vest. No advertising allowed.</p>			
<p>Cut-off time: 10km = 1 ½ hrs</p>			
<p>Distance markers: Will be placed at every kilometre.</p>			
<p>Foreigners: All foreign athletes must comply with IAAF rule 142 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)</p>			
<p>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 24.2.2</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 stay on the right hand side of the road at all times, 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 30.8)</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, 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 tag or Orange "W" tag) ASA Rule 22.9</p>			
Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R30.00	None	9 years
10km	R55.00.	R35.00	14 years

INFORMATION

<p>Registration: TOP GEAR SPORTS Pre -entries: Close Thursday 24th @ 17h00 (Additional R10 will be added to online fees) Late entries: 15h00 – 17h55 - Day of the Race (Late entries will attract R20 premium to advertised entry fees) Race day entries: will attract a R20 premium to advertised rates Online Entries:ASWD- http://www.aswd.co.za Close Tuesday 22.01.19</p>
<p>Transport: Own/ Private</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: Top Gear Sports Shop</p>
<p>Finish: Top Gear Sports Shop</p>
<p>Abution: Top Gear</p>
<p>First Aid: Available at start & routes</p>
<p>Hand-outs: Lucky Prizes</p>
<p>Medals: Medals to all finishers who complete the race within the cut-off time.</p>
<p>Prize giving: Top Gear. @ 19H45. Athletes are responsible to collect their own prize money or make an alternative arrangement with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.10)</p>
<p>Prize Money: 10km race, Equal prize money for male and female athletes. [Prize money for disabled athletes will only be awarded if there are three athletes racing in the same specification category.</p> <p>E.g. No prize money for Fun Run</p> <p style="text-align: center;">OPEN 40 – 49 = 50 – 59 = 60 – 69 = 70+ = JUNIORS</p> <p>Position 1=R300 R100(M/F) R100 R100 R100 R100</p> <p>Position 2=R200</p> <p>Position 3=R100</p> <p>-No Prize Money for Walkers</p>
<p>Route: Flat - Map available at Registration</p>
<p>Welcome: Walkers - No Prize Money for walkers</p>
<p>Enquiries: S. Oktober(078 395 8489)</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 chip to the race organizer even in the event of not completing the race.