

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: 15km = 2hr30</p>			
<p>Distance markers: Will be placed on route</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/Driver's 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), or Racers (ASA Rule 34.10.3) or Wheelchairs (ASA Rule 34.8.2) 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 / Time	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run: 07h10	R30	---	9 years
15km: 07h00	R80.00	R45.00	15 years



32GI[®]

**15km RUN/ WALK
and
4km Fun Run/ Walk**

Presented by



**23 September 2023
07:00**

**Van Riebeeck Stadium, Mossel
Bay**

HELD UNDER THE RULES OF ASWD, ASA and WA



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

INFORMATION

Registration and Entry information:

Pre- Entries: Online: www.aswd.co.za, Closing date Wednesday, 20 September @ 14h00 **(Additional R10 to Online fees)**

Late entries on Friday 22 September @ V Riebeeck Stadium in Mossel bay from 16h00 till 19h00.

Registration for Unlicensed and Non ASWD runners on Friday afternoon and Saturday morning from 06h00 till 06h45 - **NO ENTRIES ON RACE DAY**
Late Entrants will pay R20 premium on advertised Fee ONLY.

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.

Start Times: 15km – **07h00** Fun Run: **07h10**

Start and Finish: Van Riebeeck Stadium

Ablution: Toilets at venue

First Aid: Paramedics on route. Dr on standby

Hand-outs: Lucky Draws / Prizes

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

Prize giving: At finish @ 09H30. 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)**

Prize Money: Prizes will be awarded to all category winners, Equal **prize money** for male and female athletes.

15km	OPEN	40-49	50-59	60-69	70-79	80+	Junior
1	R500	R150	R150	R150	R150	R150	R150
2	R300						
3	R200						

Route: Easy with a few undulating hills

Welcome: Walkers

Enquiries: Maryke Sass 082 568 5490/ swd32gi@gmail.com

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 / 70-79/80+							
Race	Entry Fee			Temp Lic Fee		TOTAL	
4km Fun Run	R30.00			None			
15km	R80.00			R45.00			

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.....