



BEAUFORT WEST KANNIEDOOD 42.2KM

21.1km RUN, 21.1 km WALK 10 km RUN
ASWD EVENTS

TWO OCEANS AND COMRADES QUALIFIER

Presented by

BEAUFORT WEST MUNICIPALITY &

BEAUFORT WEST DRAWWERS

Sponsored By



16 FEBRUARY 2019

HELD UNDER THE RULES OF ASA AND ASWD



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

INFORMATION

| Entries: Postal entries to the Organizing Secretary, Private Bag 582, Beaufort West, 6970. Closing date: 15 February 2019. No entries will be accepted on the morning of the race. On-line entries at www.aswd.co.za until 13 February at 12.00. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--------|--------|------------|-------------|-------------|----------------|--|------|------|--|--|--|------|------|--|------|-------|------|-------|------|--|-------|------|------|------|--|-------|------|------|------|---------|-------|------|------|------|--|-------|------|------|------|---------|-------|------|------|------|--|-------|------|------|------|---------|-------|------|------|------|--|-------|------|------|------|-----|-------|------|------|------|--|-------|------|------|------|
| Registration: Participants should collect their numbers at the Voortrekker Street Sports Complex on Friday 15 February 2019 between 18:00 to 22:00. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Start: The 42.2km, 21.1km, 21.1km (Incl Walkers) and 10km will start from Beaufort West at 06:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ablution: Toilets are available at the Start/Finish | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| First Aid: Available | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hand-outs: Entry fee include T-Shirt and Hotdog after race | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Medals: Medals to all finishers within the cut-off time. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prize giving: Rustdene Sportground half pass one at the Finish Line. Athletes are responsible to collect their own prize money or written arrangement. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prize Money: Equal prize money for male and female athletes. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| No entries on race day | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th></th> <th>42.2Km</th> <th>10km</th> <th>21.1km Run</th> <th>21.1km Walk</th> </tr> </thead> <tbody> <tr> <td>Junior 14 - 19</td> <td></td> <td>R250</td> <td>R300</td> <td></td> </tr> <tr> <td></td> <td></td> <td>R200</td> <td>R200</td> <td></td> </tr> <tr> <td>Open</td> <td>R2500</td> <td>R350</td> <td>R1500</td> <td>R700</td> </tr> <tr> <td></td> <td>R1500</td> <td>R250</td> <td>R900</td> <td>R550</td> </tr> <tr> <td></td> <td>R1000</td> <td>R150</td> <td>R700</td> <td>R450</td> </tr> <tr> <td>40 - 49</td> <td>R 500</td> <td>R250</td> <td>R400</td> <td>R400</td> </tr> <tr> <td></td> <td>R 400</td> <td>R200</td> <td>R300</td> <td>R300</td> </tr> <tr> <td>50 - 59</td> <td>R 500</td> <td>R250</td> <td>R400</td> <td>R400</td> </tr> <tr> <td></td> <td>R 400</td> <td>R200</td> <td>R300</td> <td>R300</td> </tr> <tr> <td>60 - 69</td> <td>R 500</td> <td>R250</td> <td>R400</td> <td>R400</td> </tr> <tr> <td></td> <td>R 400</td> <td>R200</td> <td>R300</td> <td>R300</td> </tr> <tr> <td>70+</td> <td>R 500</td> <td>R250</td> <td>R400</td> <td>R400</td> </tr> <tr> <td></td> <td>R 400</td> <td>R200</td> <td>R300</td> <td>R300</td> </tr> </tbody> </table> | | 42.2Km | 10km | 21.1km Run | 21.1km Walk | Junior 14 - 19 | | R250 | R300 | | | | R200 | R200 | | Open | R2500 | R350 | R1500 | R700 | | R1500 | R250 | R900 | R550 | | R1000 | R150 | R700 | R450 | 40 - 49 | R 500 | R250 | R400 | R400 | | R 400 | R200 | R300 | R300 | 50 - 59 | R 500 | R250 | R400 | R400 | | R 400 | R200 | R300 | R300 | 60 - 69 | R 500 | R250 | R400 | R400 | | R 400 | R200 | R300 | R300 | 70+ | R 500 | R250 | R400 | R400 | | R 400 | R200 | R300 | R300 |
| | 42.2Km | 10km | 21.1km Run | 21.1km Walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Junior 14 - 19 | | R250 | R300 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | R200 | R200 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Open | R2500 | R350 | R1500 | R700 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | R1500 | R250 | R900 | R550 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | R1000 | R150 | R700 | R450 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 40 - 49 | R 500 | R250 | R400 | R400 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | R 400 | R200 | R300 | R300 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 50 - 59 | R 500 | R250 | R400 | R400 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | R 400 | R200 | R300 | R300 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 60 - 69 | R 500 | R250 | R400 | R400 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | R 400 | R200 | R300 | R300 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 70+ | R 500 | R250 | R400 | R400 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | R 400 | R200 | R300 | R300 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Enquiries: Selma Murray 023 414 8149/Fax 023 415 1373 selma@beaufortwestmun.co.za | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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 chip is 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.

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.

RULES AND REGULATIONS

Held under the rules 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.

Club Colours: Athletes must participate in their correct club colours and display the ASA 2019 license numbers on the Front and back of the vest, (**unless Race Numbers are provided**). All other runners must display a temporary number on Front of vest. No advertising allowed.

Cut-off time: 42.2km = 5:30hrs , 10km=1½hrs OR 21.1km =3hrs(Run) / 4hrs (Walk)(Guideline Only)

Distance markers: Will be placed at every kilometre.

Foreigners: All foreign athletes must comply with IAAF rule 1 42.2 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on any race day.

Proof of Age: Athletes must give proof of their age at the request of the Race Referee (SA ID/Passport/ Birth cert since 1994 / Permanent Residence Permit).

Refreshment tables: Drinking / Sponging stations shall be provided at 3 km 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.

Road: Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.

Safety Rule (ALL DISTANCES): No Earphone (ASA Rule 34.10.6), Animals (ASA Rule 34.10.1) or Racers (ASA Rule 34.10.3), or Wheelchairs (ASA Rule 34.10.4) allowed.

Seconding: No seconding from cyclist 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)

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 licence number, front and back. Participants may enter the age category corresponding to their chronological age or may younger category down to SENIOR. (**Red age tag/ White background**)(Red "W") ASA Rule 22.9

| RACE | ENTRY FEE | TEMP LIC FEE | MINIMUM AGE |
|--------|-----------|--------------|-------------|
| 10km | R70.00 | R35.00 | 14 years |
| 21.1km | R80.00 | R35.00 | 16 years |
| 42.2km | R115.00 | R35.00 | 20 years |

(ALL FEES INCLUSIVE OF ON-LINE FEES)

ENTRY FORM

| | | | | | | | | | |
|---|--|-----------|---|-----------------------------|---|-------|-----|-----|--|
| ADMIN USE | | | | | | | | | |
| CHIP NO. | | | | | | | | | |
| TEMP NO. | | | | | | | | | |
| SURNAME | | | | | | | | | |
| FIRST NAME | | | | | | | | | |
| PROVINCE | | | | LIC NO. 2019 | | | | | |
| DATE OF BIRTH | | D | D | M | M | YYYY | AGE | | |
| | | | | | | | | | |
| MALE | | | | RUNNER | | | | | |
| FEMALE | | | | WALKER | | | | | |
| CLUB | | | | | | | | | |
| ADDRESS | | | | | | | | | |
| C ELLPHONE NR. | | | | | | | | | |
| ID / BC / PR NUMBER | | | | | | | | | |
| E-MAIL ADDRESS | | | | | | | | | |
| EMERGENCY CONTACT NR./CELL | | | | | | | | | |
| PARTICIPATION AGE CATEGORY | | | | | | | | | |
| JUNIOR / OPEN / 40 - 49 / 50 - 59/ 60 - 69/ 70+ | | | | | | | | | |
| Cheque made out to-[Beaufort West Municipality, Nedbank, Account nr. 10 7428 0318, Branch Nr. 198765, Account type : Current Account | | | | | | | | | |
| Race | | Entry Fee | | Temp Lic Fee | | Total | | | |
| 10 km | | R70.00 | | R35.00 | | | | | |
| 21.1 km run | | R80.00 | | R35.00 | | | | | |
| 21.1 km walk | | R80.00 | | R35.00 | | | | | |
| 42.2 km | | R115.00 | | R35.00 | | | | | |
| T-shirt size | | M | | L | | XL | | XXL | |
| <p>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 participation in the activity;</p> <p>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 into this Indemnity/waiver on behalf of the minor.</p> | | | | | | | | | |
| | | | | Handtekening / Signature | | | | | |
| Parent / Voog | | | | Signature | | | | | |
| If under the age of 18 | | | | Signature | | | | | |