

NELSON MANDELA UNIVERSITY

IN PARTNERSHIP WITH



MADIBAZ GEORGE FOREST RUN



Saturday, 9 September 2023



Nelson Mandela University, George Campus,
Rugby Stadium



21.1km & 10km: 08h00
5km: 08h15

Held under the rules of ASWD & ASA



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

General Information

Race held under the rules of ASWD, ASA and WA. 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 Organiser reserves the right to accept / reject any entry.
Registration / Entries: Online entries are available on www.aswd.co.za , (R10 added to you online fees). Entries can also be handed at Top Gear Sport . Closing date for entries is, Wednesday, 6 September 2023 @ 12h00. <u>No Late Entries will be accepted.</u>
ASWD Licensed Athletes take: 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 & Finish: Race will start and finish at Nelson Mandela University, George Campus, Rugby Stadium. 21.1km & 10km: 08H00 / 5km: 08H15.
Club Colours: Affiliated club athletes must participate in official club colours and no advertising is allowed.
Permanent / Temporary License Number: The ASA 2023 license number must be displayed on the front and back of the vest. Temporary license numbers are to be worn on the front of your vest, but if a race number is supplied, the race number must be placed in the front of the vest and the temporary license number at the back.
Race numbers: As provided by organisers, the race number must be placed over the permanent in a manner that ASA License Sponsor and ASA Province / Year is visible above the race number. Collection of race numbers will be accepted at Sportmans Warehouse, Eden Meander Lifestyle Centre, George from 14h00–18h00 on Friday 8 September 2023 and from 06h30–08h00 on the morning of the race at Nelson Mandela University, George Campus, Rugby Stadium.
Age Tags: Official ASWD age category tags must be displayed on the front and back of your vest to qualify for age category prizes. Athletes using a temporary license number may produce proof of age on race day to qualify for prizes.
Seconding: No personal seconding is allowed.
Safety Rule: Wearing of earphones or headsets is not permitted and will lead to disqualifications.
Road: Athletes must always stay on the right-hand side of the road, unless instructed differently by the Marshals and Traffic Officers.
Refreshment Tables: Water stations shall be provided at 3km intervals or more frequently if weather conditions warrant such provision. Water and other suitable refreshments shall be available at the start and finish.
Cut-off time: 21.1km @ 11h00. 10km @ 09h30.
Ablution: Toilets will be available, but no shower facilities.
Distance markers: Will be placed at every kilometre.
Medals: Medals to all finishers who complete the race within the cut-off time.
Route: Paved Road and undulating gravel through forest.
Enquiries: Hugo Loubser on 044 801 5037(w) / 082 575 1826(m)

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

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 License Fee	Minimum Age
5 km	R 30.00	R 45.00	9 years or older
10 km	R 75.00	R 45.00	14 years or older
21.1km	R 95.00	R 45.00	16 years or older

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: 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**.....

FOR VITALITY MEMBERS:

You can earn thousands of Vitality points towards your Vitality Health status in the Vitality Run Series. Plus, we're giving away 500 bonus Vitality points for each event, so you can earn:

5km = 800 Points	10 km = 1,100 Points	21.1km = 2,000 Points
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I hereby consent that MADIBAZ GEORGE FOREST RUN will share my data with Discovery Vitality for the purpose of awarding Vitality points. **YES** **NO** **NOT A MEMBER**

Are you part of the Team Vitality Running Club? **YES** **NO**

Prize Money

21.1km Race – Men & Women

Category	1st	2nd	3rd
Open	R1000	R750	R500
Junior	R350	R250	R100
35 – 39	R350		
40 – 49	R350		
50 – 59	R350		
60 – 69	R350		
70 – 79	R350		
80+	R350		

10km Race – Men & Women

Category	1st	2nd	3rd
Open	R500	R300	R150
Junior	R300	R200	R100
35 – 39	R300		
40 – 49	R300		
50 – 59	R300		
60 – 69	R300		
70 – 79	R300		
80+	R300		

5km Race – Men & Women

Category	1st	2nd	3rd
Open	R200	R100	R50
Junior	R200	R100	R50

- Prize giving and lucky draw prizes will commence at 11H15.
- Athletes are responsible to collect their own prize money or make a written arrangement with the Event Organizer. Failing which prize money is forfeited.
- Athletes using a temp licence number will be required to produce proof of age and display category tags on race day to qualify for prizes.
- Equal prize money for both men and women. Walkers are welcome, but there will be no prize money for them.