

**RULES:** [1] **Minimum age** on race day is 14 years for the 10km. The minimum age for the 3km is 9 years, however entrants younger than 9 years can participate in the 3km if accompanied by a guardian who is 16 years or older [2] **Athletes** must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers [3] **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) [4] **Club Colours:** Athletes must participate in their correct club colours and display the ASA 2017 license numbers on the front and back of the vest, All other runners must display temporary number on front of vest. No advertising allowed [5] **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) [6] **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 Certificate) [7] 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 [8] **Safety Rule:** No Earphones (ASA Rule 30.10.6), Animals (ASA Rule 30.10.1), Racers (ASA Rule 30.10.3), or Wheelchairs (ASA Rule 30.10.4) allowed [9] The race is 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 organiser reserve the right to accept / reject any entry received.

**GENERAL:** [1] **Start:** 10km start at McDonald's Garden Route Mall and **finish** at McDonald's Courtenay Street. The 3km start and finish at McDonald's Courtenay Street [2] **Drinking stations** shall be provided at every 3.5km intervals or more frequently if weather conditions warrant such provision. Powerade shall be available at the finish [3] **Distance markers** will be placed at every kilometre [4] **The cutoff time** for the race is 1 hour 45 minutes [5] **First aid** is available at the start and the finish [6] **Ablution facilities** will be available in the Garden Route Mall [7] **ASWD Licensed athlete take note:** Forget your 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.

**ENTRIES:** [1] **Online Entries:** [www.entrytime.com](http://www.entrytime.com) [2] **By Hand:** You can enter and pay at McDonald's Courtenay Street, George; Sportscentre, Eden Meander Mall; Top Gear Sport and Sportsman Warehouse, Eden Meander Mall. Please keep the receipt as proof of payment.

**REGISTRATION AND LATE ENTRY:** This is a pre-entry event and **NO RACE DAY** entries are accepted. Pre-entries close on 12 June 2019 at 23h59. The registration to collect your temp licence number will take place on Monday 17 June from 07h00 till 07h50 at McDonald's Garden Route Mall. ASWD licensed athletes do not have to register if they have entered. Late entrants will pay R10 premium on advertised entry fees on Saturday 15 June at Sportsmans Warehouse, Eden Meander Mall.

**PRIZE GIVING:** [1] **Prize Giving** will be at 10:15 at McDonald's Courtenay Street, George [2] Athletes are responsible to collect their own prize money or make an alternative written arrangement with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.10) [3] **Lucky draw prizes** will be forfeited if the athlete is not present.

# MONDAY

## 17 June 2019



**Sportsmans Warehouse**

winning starts here!



**McDonald's 2 McDonald's**

### YOUTH DAY RACE

**3km: ASWD Trial 1 • 10km: ASWD RW Trial 5 | ASWD Champs**

**3km | 08:00 Start**

**Start:** McDonald's Courtenay Street  
**Finish:** McDonald's Courtenay Street

**10km | 08:00 Start**

**Start:** McDonald's Garden Route Mall  
**Finish:** McDonald's Courtenay Street

Late entries: 15 June 2019, 09h00 - 17h00 | Sportsmans Warehouse, Eden Meander Mall  
**NO RACE DAY** entries for the 10km | Entries for the 3km accepted on race day



[www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za)

Held under the rules of  
ASA | ASWD | IAAF



This event is timed by  
an electronic chip  
**NO CHIP - NO RESULT**



CHANGING THE WAY  
THE WORLD VIEWS SPORTS

**RACE RESULTS:** [www.aswd.co.za](http://www.aswd.co.za) | [www.raceresults.co.za](http://www.raceresults.co.za)

**Entries:** [www.entrytime.com](http://www.entrytime.com) | **Enquiries:** 083 376 7414 | 083 477 4780

## ENTRY FORM - 10KM | 3KM

- R55 | 10KM** | Licensed Athletes  
 **R90 | 10KM** | Unlicensed Athletes  
 (R55 + R35 Temporary License)  
 **R20 | 3KM**  
 Nedbank Runners Pre-Entry - **FREE**

Late entry fee: Add **R10** to the entry fee on 15 June 2019 at Sportsmans Warehouse

First Name \_\_\_\_\_ Contact Number \_\_\_\_\_

Surname \_\_\_\_\_ Email \_\_\_\_\_

ID Number \_\_\_\_\_ Club Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ 2019 License Number \_\_\_\_\_

Junior	<input type="checkbox"/>	Open	<input type="checkbox"/>	Male	<input type="checkbox"/>	Female	<input type="checkbox"/>	Run	<input type="checkbox"/>	Walk	<input type="checkbox"/>
		40-49	<input type="checkbox"/>	50-59	<input type="checkbox"/>	60-69	<input type="checkbox"/>	70-79	<input type="checkbox"/>	80+	<input type="checkbox"/>

**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, 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.

\_\_\_\_\_  
SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

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

\_\_\_\_\_  
SIGNED Signed by a parent/legal guardian if the participant is under the age of 18 DATE \_\_\_\_\_

### ADMIN USE ONLY

\_\_\_\_\_  
Chip Number

\_\_\_\_\_  
Temp. Number

## PRIZE MONEY | 10KM Run and Walk

	MEN/ WOMEN JUNIOR	MEN/ WOMEN OPEN	MEN/ WOMEN 40-49	MEN/ WOMEN 50-59	MEN/ WOMEN 60-69	MEN/ WOMEN 70-79	MEN/ WOMEN 80+	MEN/ WOMEN WALK
<b>1</b>	R300	R700	R150	R150	R150	R150	R150	R150
<b>2</b>	R250	R500	R100	R100	R100	R100	R100	R100
<b>3</b>	R200	R300						
<b>4</b>	R150							
<b>5</b>	R100							

## PRIZE MONEY | 3KM Fun Run and Walk

	BOYS/ GIRLS AGE 6-9	BOYS/ GIRLS AGE 10-13
<b>1</b>	R150	R150
<b>2</b>	R120	R120
<b>3</b>	R100	R100



**Record Men:** 2018 - Lloyd Bosman 29:44  
**Record Woman:** 2013 - Zola Budd-Pieterse 36:43  
**R200 for NEW record!**

### MEDALS: 10KM

**Gold** First 5 Men and Women  
**Silver** Next 50  
**Bronze** Next 340

**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 competing the race.

**NO TIMING CHIP - NO RESULT!**

