

## RULES AND REGULATIONS

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.

**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. All other runners must display temporary number on **front** of vest. No advertising allowed.

**Cut-off time:** 10km = 1 ½ hrs

**Distance markers:** Will be placed at every kilometre.

**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.

**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)

**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.

**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 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.

**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)

**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 )/white background (ASA Rule 22.9

Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R30.00	None	9 years
10km	R55.00	R35.00	14 years



### 5km & 10km

Presented by



**10KM RUNNERS**

**ASWD TRAIL 4**

Sponsored by

# PALM TYRES

**22 JUNE 2019**

**08:00**

**COURTENAY STREET**

**10 KM (R55)**

**5KM (R30)**

**LATE ENTRIES**  
**FRIDAY 21**  
**JUNE 17H00 –**  
**20H00**

**Pre-entries**  
**close on Thur.**  
**20 June**  
**@17h00**

**HELD UNDER THE RULES OF ASA & ASWD**



NATIONAL LOTTERIES COMMISSION

a member of the dti group



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

