

## RULES

**1] Age** - 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 guardian who is 16 years or older. **2] Prize Giving** - 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). Prize Giving will take place at 10h15. **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 tags / white background (ASA Rule 22.9)). **4] Club Colours** - Athletes must participate in correct club colours and display ASA 2018 licence numbers on the front and back of vests. All other athletes must display temporary licence numbers on the front of the vest. No advertising allowed. **5] Seconding** - No seconding from cyclists or private vehicles allowed. Personal seconding, stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 34.8.2). **6] Proof of Age** - Athletes must give proof of age at the request of the Race Referee. (SA ID/Passport/Driver's License/Refugee Permit/Birth Cert). **7] Foreigners** - All foreign athletes must comply with IAAF 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. **8] 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. **9]** All road races held subject to the rules of ASA and Athletics SWD. All competitors must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Noncompliance may lead to disqualification. The Race Referee's decision is final. The race organiser reserves the right to accept / reject any entry received.

## GENERAL

**1] Start and Finish** - Rainbow Motors, Oudtshoorn • **2] Drinking Stations** will be provided at every 3km interval or more frequently if the weather conditions warrant such provision. Water and other suitable refreshments will be available at the finish • **3] Distance Markers** will be placed at every kilometre • **4] The Cut-off Time** for the race is 1 hour and 45 minutes • **5] First Aid** is available at the start and the finish • **6] Ablution Facilities** will be available at Glenwood House School • **7] ASWD Licensed Athlete take note** - If you forget your chip, you will have to pay R20 for a loan chip for the race, if you lost your chip you will have to pay R75 for a replacement chip.

## ENTRIES

Online Entries: [www.entrytime.com](http://www.entrytime.com)

By Hand: **Tekkies Town** - Oudtshoorn | **Top Gear Sport** - George Sportscentre - Eden Meander Mall, George



## REGISTRATION AND LATE ENTRY

**1]** Pre-entries close on Tuesday 06 August 2019 at 12h00. **2]** Late entries will be accepted on Friday 9 August 2019 from 07h00 till 07h50 at Rainbow Motors, Oudtshoorn and late entrants will pay a premium of R10 on advertised entry fees. **3]** All non SWD runners must register on 9 August 2019 from 07h00 till 07h50 at Rainbow Motors, Oudtshoorn.

## RACE RESULTS

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

# Women's Day

## RACE 2019

Friday  
9 August 2019

10km   Women	▶	08:00
10km   Men	▶	08:15
3km	▶	08:30

**ALL MEN WELCOME**  
Prizes for the best dressed men!

Queens Florist

Start and Finish:  
**Rainbow Motors | Oudtshoorn**

LATE ENTRIES: Friday 9 August 2019 from 07:00 till 07:50 at Rainbow Motors, Oudtshoorn  
RACE DAY ENTRIES ACCEPTED

RAINBOW MOTORS  
ENGEN  
With us you are Number One

Entries: [www.entrytime.com](http://www.entrytime.com) | Enquiries: 083 376 7414 | 072 601 8189



[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**



## ENTRY FORM - 10KM | 3KM

- R65 - 10KM** | Licensed Athletes  
 **R100 - 10KM** | Unlicensed Athletes  
 (R65 + R35 Temporary License)  
 **R30 - 3KM** (No License Required)

**Late entry fee:** Add **R10** to the entry fee on 9 August 2019

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

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

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

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

<b>3KM</b>	<input type="checkbox"/>	<b>10KM</b>	<input type="checkbox"/>	<b>Male</b>	<input type="checkbox"/>	<b>Female</b>	<input type="checkbox"/>	<b>Run</b>	<input type="checkbox"/>	<b>Walk</b>	<input type="checkbox"/>
<b>Junior</b>	<input type="checkbox"/>	<b>Open</b>	<input type="checkbox"/>	<b>40-49</b>	<input type="checkbox"/>	<b>50-59</b>	<input type="checkbox"/>	<b>60-69</b>	<input type="checkbox"/>	<b>70+</b>	<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+	MEN/ WOMEN WALK
<b>1</b>	R300	R100	R100	R100	R100	R100	R100
<b>2</b>	R200	R50	R50	R50	R50	R50	R50
<b>3</b>	R100						

### MEDALS: 10KM

**Gold**

**Silver**

**Bronze**

First 50 Women and First 5 Men

Next 50 Runners

Next 100 Runners

### 3KM

**Bronze**

First 100 Runners



## Prizes for the BEST DRESSED MEN

1st ▶ **R700** *Hamper*  
2nd ▶ **R600** *Hamper*  
3rd ▶ **R500** *Hamper*

All pre-entries stand a chance of winning a prize!

SPONSORED BY:

### 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!**