

**RULES:** 1] Minimum age on race day is 14 years for the 10km, 15 years for the 11.6km trail run and 16 years for the 21.1km. 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] 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] 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] 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] Athletes must give proof of age at the request of the Race Referee. (SA ID/Passport/Drivers License/Refugee Permit/Birth Cert). 7] 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.

**RULES - Only applicable to Trail Run:** 1] The wearing of club clothes is not mandatory. 2] Only the event race number will be worn on the front of the vest. 3] Immediate disqualification if a runner tampers with the route markings. 4] Immediate disqualification if a runner is caught littering. 5] Immediate disqualification if a runner damages the trail or any vegetation. 6] Runners need to be self-sufficient – no water points. 7] Minimum age for entering is 15 years. 8] No substitutions will be allowed. No refunds.

**GENERAL:** 1] Start and finish: Orchard Fine Foods Deli and Market, Schoemanshoek, Oudtshoorn. 2] Drinking stations shall be provided at every 3km 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 kilometer. 4] The cut-off time for the 10km is 2 hours, 11.6km trail run is 2½ hours and for the 21.1km 3 hours. 5] First aid is available at the start and the finish. 6] Ablution facilities will be available at Orchard Fine Foods Deli and Market, Schoemanshoek, Oudtshoorn.

**ENTRIES:** Online Entries: [www.entrytime.com](http://www.entrytime.com)  
By Hand: **Tekkie Town** (Oudtshoorn), **Sportscentre** (Eden Meander Mall), **Top Gear Sport** (George).

**REGISTRATION:** Pre-entries close 27 August 2019. Late entries will be accepted on 30 August 2019 from 17:30 till 19:30 at Orchard Fine Foods Deli, Schoemanshoek. **NO RACE DAY ENTRIES!**

**PRIZE GIVING:** 1] Prize Giving will take place at 11:30 at Orchard Fine Foods Deli and Market, Schoemanshoek, Oudtshoorn. 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).

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



**KANGOVALLEIE  
BOEREVERENIGING**

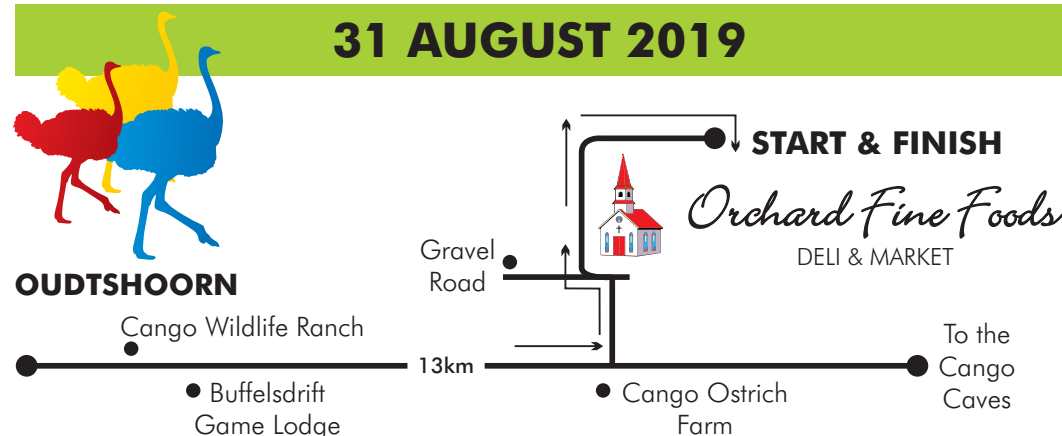
# SCHOEMANS



**10km & 21.1km | 08:00**

**11.6km Trail Run | 08:15**

**31 AUGUST 2019**



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

Enquiries: 072 601 8189 | 084 591 3497 | 083 376 7414

Late entries: 30 August 2019 from 17:30 till 19:30 at Orchard Fine Foods Deli, Schoemanshoek  
**LIMITED 100 ENTRIES FOR THE TRAIL RUN | NO RACE DAY ENTRIES**



[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 | 11.6km Trail Run | 21km

☐ 10km

☐ 10km

☐ 11.6km Trail Run

☐ 11.6km Trail Run

☐ 21km

☐ 21km

R55

R90

R70

R105

R65

R100

Licensed Athletes

Unlicensed Athletes

Licensed Athletes

Unlicensed Athletes

Licensed Athletes

Unlicensed Athletes

R35 Temp License is included for Unlicensed Athletes | R10 Late Entry Fee apply on 30 August 2019

First Name

Contact Number

Surname

Email

ID Number

Club Name

Date of Birth

2019 License Number

Province

10KM

11.6KM TRAIL RUN

21KM

Male

Female

Run

Walk

Junior

Open

40-49

50-59

60-69

70-79

80+

**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.

**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.

SIGNED

Printed name of Participant (Parent/guardian in the case of a minor)

DATE

CONTACT NUMBER

ADMIN USE ONLY

Chip Number

Temp. Number

PRIZE MONEY | 10KM Run and Walk

	MEN/ WOMEN OPEN	MEN/ WOMEN JUNIOR	MEN/ WOMEN 40-49	MEN/ WOMEN 50-59	MEN/ WOMEN 60-69	MEN/ WOMEN 70-79	MEN/ WOMEN 80+	MEN/ WOMEN WALK
1	R200	R100	R100	R100	R100	R100	R100	R100
2	R150							
3	R100							

MEDALS 10KM | Gold First 5 Men and Women | Silver Next 50 | Bronze Next 140

PRIZE MONEY | 21KM Run and Walk

	MEN/ WOMEN OPEN	MEN/ WOMEN JUNIOR	MEN/ WOMEN 40-49	MEN/ WOMEN 50-59	MEN/ WOMEN 60-69	MEN/ WOMEN 70-79	MEN/ WOMEN 80+	MEN/ WOMEN WALK
1	R400	R150	R150	R150	R150	R150	R150	R150
2	R300							
3	R200							

MEDALS 21KM | Gold First 5 Men and Women | Silver Next 50 | Bronze Next 90

PRIZE MONEY:	11.6KM Trail Run   Men   Women   Open 1 R300   2 R200   3 R150
MEDALS:	11.6KM Trail Run Gold First 5 Men and Women   Silver Next 40   Bronze Next 50

**RACE TIMING - NO TIMING CHIP - NO RESULT!** 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.

Friday 30 August

Night Market

with Live Music

From 17h00 till 22h00

Saturday 31 August

Bazaar

NG Kerk Kangovalleie

From 08h00 till 14h00