

PRIZE MONEY

5KM	9KM
R400 1st	1st R800
R350 2nd	2nd R600
R300 3rd	3rd R500

MEDALS

5KM	9KM
1st 5 Ladies & 1st 5 Men Gold	Gold 1st 5 Ladies & 1st 5 Men
Next 20 Silver	Silver Next 50
Next 220 Bronze	Bronze Next 290

RACE ENTRY INCLUDES

Saturday entry to the
George Strawberry Festival presented by Ola

Goodie bag
(First 100 entries in 5km race / First 100 entries in 9km race)

*Redberry Farm strawberry picking voucher
*Redeemable from 1 October -30 November 2019

FESTIVAL ENTRANCE FEES

AT THE GATE

General	: R55
Kids 0 - 2	: Free
Kids 3 -12	: R25

Family and supporters need their own tickets to gain
entrance to the festival.

TRAIL RUN ENQUIRIES: 083 376 7414 | 084 591 3497
Held under the rules of ASA, ASWD and IAAF.

5KM & 9KM TRAIL RUN

TRAIL RUN POWERED BY

outeniqua
refrigeration



21 : **09:00**
SEPT : FESTIVAL ENTRY
2019 : SPOT PRIZES



SATURDAY ENTRY ONLY

ENTER ONLINE: WWW.STRAWBERRYFESTIVAL.CO.ZA

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ENTRY FORM

Pre-entry : R90 5km ☐ 9km R110 : Pre-entry ☐
Late entry : R150 5km ☐ 9km R170 : Late entry ☐

Surname	
First Name	
ID Number	Date of Birth
Club	2019 ASA Number
Cell Number	
Telephone	
Email	
School (if applicable)	
Gender	

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 physical nature of this sporting event. 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.

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 or Guardian Signature if under 18 years of age.

DATE

ADMIN USE ONLY

Chip Number:

outeniqua
refrigeration

blitsdruk
www.blitsdruk.co.za

RED BERRY
RUNNING CLUB
GEORGE

Redberry
farm

ASA
ATHLETICS SOUTH AFRICA

ASWD

POWERADE

TRAIL RUN POWERED BY
outeniqua
refrigeration

TERMS & CONDITIONS

RULES

- Closing date for pre entries is 16 September or as soon as 350 entries have been received for the 9km and 250 for the 5km.
- Start chute closes at 08h45 sharp on race day for compulsory race briefing. Arrivals after this time will not be allowed to start.
- Minimum age of 9 years for the 5km and 13 years for the 9km.
- No need to wear Club Clothing - Only the event race number will be worn on the front of the vest.
- Immediate disqualification if a runner tampers with the route markings.
- Immediate disqualification if a runner is caught littering.
- Immediate disqualification if a runner damages the trail or any vegetation.
- Runners need to be self-sufficient.
- Please carry your own water on route.
- Entries are non-refundable.
- No substitutions or down or upgrade between distances.

GENERAL

- Start: Redberry Farm - The cut-off time for the race is 1 hour and 30 minutes
- First aid available at the start/finish
- Ablution facilities available at Redberry Farm
- ASWD license athletes: if you forget your chip, a loan chip is R20. Replacement chips are R75
- Entrants to carry a cellphone in case of emergency or injury on route.
- Emergency number 082 926 5928.

ENTRIES

- Online entries www.strawberryfestival.co.za
- Instore: Sportsmans Warehouse, Sportscentre (Eden Meander Lifestyle Centre) and Top Gear Sport (George).
- Please keep the receipt as proof of payment.

REGISTRATION

- This is a pre-entry event and late entries (if available) will be accepted at Sportmans Warehouse from 09:00 until 17:00 on 19 September 2019.
- NO RACE DAY ENTRIES.
- The registration to collect the race number will take place on Saturday, 21 September from 08:00-08:30 at Redberry Farm.
- Race number can only be collected in person with ID or drivers license.

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.

PRIZE-GIVING

Athletes are responsible to collect their own prize money or make an alternative written arrangement with the Even Organizer. Failing which prize money is forfeited. (ASA Rule 2.10)

RACE RESULTS

www.strawberryfestival.co.za