

RULES AND REGULATIONS

<p>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.</p>			
<p>Club Colours: Athletes must participate in their correct club colours and display the ASA 2019 license numbers on the <u>front and back</u> of the vest, All other runners must display temporary number on <u>front</u> of vest. No advertising allowed.</p>			
<p>Cut-off time: 80km = 11 ½ hrs (17H30)</p>			
<p>Distance markers: Will be placed at every kilometre.</p>			
<p>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.</p>			
<p>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 since 1994)</p>			
<p>Race numbers: As provided by organisers. Front and/or back. Placed over permanent or temp no./s in manner that ASA License Sponsor and ASA Province / Year is visible above the race number. (ASA Rule 26.1.6)</p>			
<p>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.</p>			
<p>Road: Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.</p>			
<p>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.</p>			
<p>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)</p>			
<p>Age Tags: Participants will be eligible for prizes in the <u>OPEN</u> category and the age category for which they have entered provided the relevant <u>OFFICIAL ASWD</u> 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)</p>			
Race	Entry Fee	Temp Lic Fee	Minimum Age
Ultra (80km)	R100.00	R35.00	20 years



**Western Cape
Government**

LAINGSBURG

LAINGSBURG KAROO ULTRA MARATHON 80KM

48th TIME

THROUGH THE HEART OF THE KAROO

Presented by

LAINGSBURG ATHLETICS CLUB

Sponsored by

LAINGSBURG BUSINESS CHAMBERS



28 September 2019

06:00

Ellis Sport Grounds – Meiring Str.

HELD UNDER THE RULES OF ASWD, ASA and IAAF



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

INFORMATION

<p>Pre-entries: 1) Enter Online: www.aswd.co.za Closing date 24.09.2019 23:45 (online) 2) Pre-Entries can also be completed at Top Gear (George) and Voortrekker Road 2, Laingsburg. 3) Closing date for pre-entries: 24.09.2019 17:00</p>																																									
<p>Registration and late entries: Friday 27.09.2019 at Flood Museum (Tourism) from 18:00 – 22:00. Late entrants will pay R20 premium on advertised fee. No late entries on race day</p>																																									
<p>ASWD Licensed athlete take note: Forget your IPICO 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 chip.</p>																																									
<p>Start: JJ Ellis Sport Grounds – Meiring St @ 06:00</p>																																									
<p>Finish: JJ Ellis Sport Grounds – Meiring St</p>																																									
<p>Ablution: JJ Ellis Hall</p>																																									
<p>First Aid: JJ Ellis Hall and on route. Doctor on standby</p>																																									
<p>Medals: Medals to all finishers who complete the race within the cut-off time. Gold first 10 men and Ladies and Silver to all other finishers.</p>																																									
<p>Prize giving: JJ Ellis Hall @ 18h00. Athletes are responsible to collect their own prize money or make a written arrangement with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.10)</p>																																									
<p>Prize Money: Equal prize money for male and female athletes. [Prize money for disabled athletes will only be awarded if there are three athletes racing in the same specification category. E.g.]</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">80km</th> <th style="text-align: left;">OPEN</th> <th style="text-align: left;">40 – 49</th> <th style="text-align: left;">= 50 – 59</th> <th style="text-align: left;">= 60 – 69</th> <th style="text-align: left;">= 70+</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>R10000</td> <td>R750</td> <td>R750</td> <td>R750</td> <td>R750</td> </tr> <tr> <td>2</td> <td>R5000</td> <td>R500</td> <td>R500</td> <td>R500</td> <td>R500</td> </tr> <tr> <td>3</td> <td>R2500</td> <td>R250</td> <td>R250</td> <td>R250</td> <td>R250</td> </tr> <tr> <td>4</td> <td>R1000</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>5</td> <td>R750</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>						80km	OPEN	40 – 49	= 50 – 59	= 60 – 69	= 70+	1	R10000	R750	R750	R750	R750	2	R5000	R500	R500	R500	R500	3	R2500	R250	R250	R250	R250	4	R1000					5	R750				
80km	OPEN	40 – 49	= 50 – 59	= 60 – 69	= 70+																																				
1	R10000	R750	R750	R750	R750																																				
2	R5000	R500	R500	R500	R500																																				
3	R2500	R250	R250	R250	R250																																				
4	R1000																																								
5	R750																																								
<p>Route: The route will take participants into the Karoo country side on quiet good quality country and farm roads. In the form of a figure 8 most of the climbing will be in the first half. No major climbs.</p>																																									
<p>Welcome: Walkers (No Wheelchairs)</p>																																									
<p>Enquiries: Elize Fisher - Nr. 073 598 6568 elize.fisherwp@gmail.com</p>																																									

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.

ENTRY FORM

ADMIN USE
CHIP NO
TEMP NO

SURNAME							
FIRST NAME							
PROVINCE					LIC NO 2019		
DATE OF BIRTH	D	d	m	M	yyyy	AGE	
MALE					RUNNER		
FEMALE					WALKER		
CLUB							
ADDRESS							
CELLPHONE NR							
ID / BC / PP / DL No.							
EMAIL ADDRESS							
EMERGENCY Contact / Cell							
PARTICIPATION AGE CATEGORY: JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70+							
EFT Payments: Laingsburg Atletiek Klub 9064612577 Absa Laingsburg 632005 Savings				Laingsburg Atletiek Klub 180130706 Standard Bank Laingsburg 051001 Plus plan			
Race	Entry Fee			Temp Lic Fee		TOTAL	
Ultra (80km)	R100.00			R35.00			
T-Shirt	R120			Size.....			

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.

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

Phone:..... Signature:..... Date:.....

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: 12km = 2 hrs & 21.1km = 3 hrs
Walkers: 12km = 2 ½ hrs & 21.1km = 3 ½ hrs

Distance markers: Will be placed at every kilometre.

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.

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 since 1994)

Race numbers: As provided by organisers. Front and/or back. Placed over permanent or temp no./s in manner that ASA License Sponsor and ASA Province / Year is visible above the race number. (ASA Rule 26.1.6)

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 tags/white background(ASA Rule 22.9)**

Race	Entry Fee	Temp Lic Fee	Minimum Age
12km	R55.00	R35.00	14 years
21.1km	R65.00	R35.00	16 years
5km Fun Run	R10.00	R0.00	9 years



**Western Cape
Government**

LAINGSBURG

**LAINGSBURG KAROO HALF MARATHON 12KM
& 21.1KM
AND 5KM FUN RUN - 09:00**

THROUGH THE HEART OF THE KAROO

Presented by

LAINGSBURG ATHLETICS CLUB

Sponsored by

LAINGSBURG BUSINESS CHAMBERS



28 September 2019

07:00

Ellis Sport Grounds – Meiring Str.

HELD UNDER THE RULES OF ASWD, ASA and IAAF



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

INFORMATION

<p>Pre-entries: 1) Enter Online: www.aswd.co.za Closing date 24.09.2019 23:45 (online) 2) Pre-Entries can also be completed at Top Gear (George) and Voortrekker Road 2, Laingsburg. 3) Closing date for pre-entries: 24.09.2019 17:00</p>																																																														
<p>Registration and late entries: Friday 27.09.2019 at Flood Museum (Tourism) from 18:00 – 22:00. Late entries will pay R20 premium on advertised fee. Late entries will be accepted on race day from 06:00 – 06:45</p>																																																														
<p>ASWD Licensed athlete take note: Forget your IPICO 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 chip.</p>																																																														
<p>Start: JJ Ellis Sport Grounds – Meiring St @ 07:00</p>																																																														
<p>Finish: JJ Ellis Sport Grounds – Meiring St</p>																																																														
<p>Ablution: JJ Ellis Hall</p>																																																														
<p>First Aid: JJ Ellis Hall and on route. Doctor on standby</p>																																																														
<p>Medals: Medals to all finishers who complete the race within the cut-off time. Gold first 10 men and Ladies and Silver to all other finishers.</p>																																																														
<p>Prize giving: JJ Ellis Hall @ 10h30. Athletes are responsible to collect their own prize money or make a written arrangement with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.10)</p>																																																														
<p>Prize Money: Equal prize money for male and female athletes. [Prize money for disabled athletes will only be awarded if there are three athletes racing in the same specification category.</p> <p>E.g.]</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;">12km</td> <td style="width: 10%;">OPEN</td> <td style="width: 10%;">40 – 49</td> <td style="width: 10%;">= 50 – 59</td> <td style="width: 10%;">= 60 – 69</td> <td style="width: 10%;">= 70+</td> <td style="width: 10%;">= JUNIORS</td> </tr> <tr> <td>1</td> <td>R150</td> <td>R150</td> <td>R150</td> <td>R150</td> <td>R150</td> <td>R150</td> </tr> <tr> <td>2</td> <td>R125</td> <td>R100</td> <td>R100</td> <td>R100</td> <td>R100</td> <td>R125</td> </tr> <tr> <td>3</td> <td>R100</td> <td></td> <td></td> <td></td> <td></td> <td>R100</td> </tr> <tr> <td>21.1km</td> <td>OPEN</td> <td>40 – 49</td> <td>= 50 – 59</td> <td>= 60 – 69</td> <td>= 70+</td> <td>= JUNIORS</td> </tr> <tr> <td>1</td> <td>R300</td> <td>R250</td> <td>R250</td> <td>R250</td> <td>R250</td> <td>R200</td> </tr> <tr> <td>2</td> <td>R200</td> <td>R150</td> <td>R150</td> <td>R150</td> <td>R150</td> <td>R150</td> </tr> <tr> <td>3</td> <td>R150</td> <td></td> <td></td> <td></td> <td></td> <td>R100</td> </tr> </table>							12km	OPEN	40 – 49	= 50 – 59	= 60 – 69	= 70+	= JUNIORS	1	R150	R150	R150	R150	R150	R150	2	R125	R100	R100	R100	R100	R125	3	R100					R100	21.1km	OPEN	40 – 49	= 50 – 59	= 60 – 69	= 70+	= JUNIORS	1	R300	R250	R250	R250	R250	R200	2	R200	R150	R150	R150	R150	R150	3	R150					R100
12km	OPEN	40 – 49	= 50 – 59	= 60 – 69	= 70+	= JUNIORS																																																								
1	R150	R150	R150	R150	R150	R150																																																								
2	R125	R100	R100	R100	R100	R125																																																								
3	R100					R100																																																								
21.1km	OPEN	40 – 49	= 50 – 59	= 60 – 69	= 70+	= JUNIORS																																																								
1	R300	R250	R250	R250	R250	R200																																																								
2	R200	R150	R150	R150	R150	R150																																																								
3	R150					R100																																																								
<p>Route: Start in front of JJ Ellis Sport Grounds out on Vleiland Road and back.</p>																																																														
<p>Welcome: Walkers (No Wheelchairs)</p>																																																														
<p>Enquiries: Elize Fisher - Nr. 073 598 6568 elize.fisherwp@gmail.com</p>																																																														

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.

ENTRY FORM

ADMIN USE
CHIP NO
TEMP NO

SURNAME							
FIRST NAME							
PROVINCE					LIC NO 2019		
DATE OF BIRTH	D	d	m	M	yyyy	AGE	
MALE					RUNNER		
FEMALE					WALKER		
CLUB							
ADDRESS							
CELLPHONE NR							
ID / BC / PP / DL No.							
EMAIL ADDRESS							
EMERGENCY Contact / Cell							
PARTICIPATION AGE CATEGORY:	JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70+						
EFT Payments:	Laingsburg Atletiek Klub 9064612577 Absa Laingsburg 632005 Savings			Laingsburg Atletiek Klub 180130706 Standard Bank Laingsburg 051001 Plus plan			
Race	Entry Fee			Temp Lic Fee		TOTAL	
12km	R55.00			R35.00			
21.1km	R65.00			R35.00			
5km Fun Run	R10.00			R0.00			
T-Shirt	R120			Size.....			

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.

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

Phone:..... Signature:..... Date:.....