

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 2018 license numbers on the <u>front and back</u> of the vest. All other runners must display temporary number on <u>front and back</u> of vest. No advertising allowed.</p>			
<p>Cut-off time: 10km = 1 ½ hrs, 3km Fun Run = No Cut Off</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 provide proof of their age at the request of the Race Referee. (SA ID/Passport/Drivers Licence/Refugee Permit/Birth Certificate 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 Licence Sponsor and ASA Province / Year is visible above the race number. (ASA Rule 26.1.6)</p>			
<p>Refreshment Tables: Drinking stations will 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 will be available at the start and finish.</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
3km Fun Run	R20.00	None	9 Years Old
10km	R55.00	R35.00	14 years

ONLINE ENTRIES: R10 EXTRA / ON THE DAY ENTRIES: R20 EXTRA PER ENTRY



DATE: 5 DECEMBER 2018

TIME: 18:00

REGISTRATION & LATE ENTRIES:

Blue Olive Restaurant, Wilderness



Cape Multisport Eden

Sponsored by



Blue Olive
RESTAURANT

Alpha Pharm
your first step in healthcare
Wilderness Apteek/Pharmacy

HELD UNDER THE RULES OF ASWD, ASA and IAAF



This event is timed by IPICO timing chip. NO CHIP NO TIME
Contact Person: Gerrit du Toit 072 282 7995 / cmsceden@gmail.com

INFORMATION

Online Entries: www.aswd.co.za Close on 03 December 2018						
Online entries will be R10 extra on advertised fees.						
Pre-entries: www.aswd.co.za						
Registration & Late entries: From 16:30 to 17:45 on race day (Wednesday, 5 December), Blue Olive Restaurant, Wilderness.						
ONLY 10km Late Entrants will pay R20 premium on advertised entry fee.						
Registration and late entries: Blue Olive 16:30 to 17:45						
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.						
Start: 18:00 Leila Street, Wilderness - next to Blue Olive Restaurant						
Finish: Leila Street, Wilderness						
Ablution: Blue Olive Restaurant, Wilderness						
First Aid: Start / Finish Area						
Hand-outs: Lucky Draw Prizes						
Medals: Medals to all finishers who complete the 10km race within the cut-off time @ 19:30 (1.5 hours).						
Prize giving: Blue Olive Restaurant @19:40. Athletes are responsible to collect their own prize money or must make an alternative written arrangement prior to the event with the Event Organizer.						
Prize Money: 10km (same prizes for male & female athletes)						
Position	Open	40 to 49	50 to 59	60 to 69	70+	Juniors
1 st	R400	R150	R150	R150	R150	R150
2 nd	R200					
3 rd	R100					
Route: Very scenic route through the beautiful village of Wilderness with stunning views of the lake and sea!						
Welcome: Walkers welcome but no prizes for walkers						
Prams or baby joggers: Will be permitted in the Fun Run only but they must start at the back of the run.						
Enquiries: Gerrit du Toit – 072 282 7995 or cmsceden@gmail.com						

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 2018	
DATE OF BIRTH			AGE <input style="width: 40px;" type="text"/>
MALE		RUNNER	<input type="checkbox"/>
FEMALE		WALKER	<input type="checkbox"/>
CLUB			
ADDRESS			
CELLPHONE NR			
ID/BC/PP/DL NR.			
EMAIL ADDRESS			
EMERGENCY Contact / Cell			
PARTICIPATION AGE CATEGORY:			
Junior/Open/40-49/50-59/60-69/70+			
Race	Entry Fee	Temp Lic Fee	TOTAL
3km Fun Run	R20.00	None	
10km	R55.00	R35.00	

ONLINE ENTRIES: R10 EXTRA / ON THE DAY ENTRIES: R20 EXTRA PER ENTRY

INDEMNITY I agree not to hold Cape Multisport Club Eden or any other sponsors, or any persons assisting in the organisation or holding of the race liable for any loss, injury or illness, which I may suffer directly or indirectly as a result of participating in the race, or for any damages to my property or loss of my property which I may suffer directly as a result of participating in the race. I confirm that this special agreement is entered into for the benefit of the Cape Multisport Club Eden, the sponsor(s) and the persons assisting in the organizing and holding of the race.

Signature..... **Date**.....

Parent / Guardian (if under 18 years).....