

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. Dress up competition according to LOVE LIFE theme, but club number must be displayed to referee if asked

Cut-off time: 10km = 1h35

Distance markers: Will be placed at every 1 km.

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)

Refreshment Tables: Drinking / Sponging stations shall be provided at 3km intervals. Water and other suitable refreshments shall be available at the start and finish of all races.

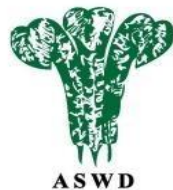
Road: Athletes must stay on the right-hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.

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
Fun Run	R30.00	None	9 years
10km	R55.00	R35.00	14 years



CAPE MULTISPORT EDEN PRESENTS

LOVE LIFE 2019

10 km & 3 km fun run

BLUE OLIVE WILDERNESS

4 December 2019 @ 18h00



Prizes for the best dressed runner in
male and female category, be
creative celebrate LIFE

4 December 2019 @ 18h00

www.cmce.co.za for online entries

Top Gear George for manual entries

contact Gayle Swanepoel – 0842402088

INFORMATION

<p>Pre entries: 1. Enter online at www.cmce.co.za or www.aswd.co.za 2. Pre-entries can be completed at Top Gear 3. Closing date for online entries Sun 1 December 2019 @ 20h00 4. Closing date for manual entries Mon 2 December 2019 @ 16h00</p>																																		
<p>Registration and late entries at Blue Olive, Corner Beacon Road and Leila's Lane, George Road, Wilderness: 14h30 – 17h15 on Wednesday 4 December 2019. Late entries on Wednesday at a R20 premium.</p>																																		
<p>Transport: No transport available</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: 10km Blue Olive Restaurant at 18h00, 3km Fun Run at 18h10</p>																																		
<p>Finish: Blue Olive Restaurant</p>																																		
<p>First Aid: Provided</p>																																		
<p>Hand-outs: Prizes for the best dressed theme in male and female category, 10 km and 3 km fun run</p>																																		
<p>Medals: Gold, Silver and Bronze handed at the prize giving for the first 3 finishers for male and female in the 10km race. Love Life Keyrings to all finishers within the cut-off time</p>																																		
<p>Prize giving: Blue Olive Restaurant @ 19h45 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 for male and female):</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="text-align: left;">10km</th> <th>OPEN</th> <th>40-49</th> <th>50-59</th> <th>60-69</th> <th>70+</th> <th>JUN.</th> </tr> </thead> <tbody> <tr> <td style="text-align: left;">1st</td> <td>500</td> <td>150</td> <td>150</td> <td>150</td> <td>150</td> <td>150</td> </tr> <tr> <td style="text-align: left;">2nd</td> <td>300</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td style="text-align: left;">3rd</td> <td>150</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>							10km	OPEN	40-49	50-59	60-69	70+	JUN.	1st	500	150	150	150	150	150	2nd	300						3rd	150					
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<p>Route: Starting and Finish at Blue Olive Restaurant running North Easterly on Waterside Road, turn right at the dirt road at Wilderness Common, go past Blue Olive and then follow Waterside Rode towards Ebb and flow, cross the rail bridge. Turn at T junction and return along the same road but finish directly at Blue Olive, do not go around common again.</p>																																		
<p>Enquiries: Gayle Swanepoel 0842402088 or info@cmce.co.za</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 personalized 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.

LOVE LIFE 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+							
Race	Entry Fee		Temp Lic Fee		TOTAL		
Fun Run	R 30.00		None				
10km	R55.00		R35.00				

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