



10 KM NITE RACE

Supported by



at the Knysna Marathon Club

15 December 2023

Time: 18:00

10 km /5 km fun run

Shopping - Eating and Adventure destination.

Make it a Weekend!

HELD UNDER THE RULES OF ASA AND ASWD

This event is timed by electronic chip. NO CHIP NO TIME



KMC Nite Race 15 December 2023

INFORMATION

Online Entries only @ www.knysnamarathonclub.co.za (from 30/10/23 until 10/12/2023) 5 km – R30.00; 10km – R75.00.
Registration and late entries 15 December: – From 16h00 at the Knysna Marathon clubhouse, George Rex drive. R20.00 penalty for on the day entries
Start/Finish/Parking: Knysna Marathon clubhouse parking area, Loerie Park. Race Start and Finish is at the clubhouse.
Ablution: Ablution and showers available at clubhouse.
Accommodation: Knysna Hollow Tel: 044 382 5401
Hand-outs:
Medals: Medals to all finishers who complete the race within the cut-off time
Prize giving: At the clubhouse, 20:00. 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)
Prize Money: Equal Prize money will be awarded to men and women in the following categories: 10km Open Position 1 R 400.00 Position 2 R 200.00 Position 3 R 100.00 40 – 49 Position 1 R 100.00 50 – 59 Position 1 R 100.00 60 – 69 Position 1 R 100.00 70 – 79 Position 1 R 100.00 80 + Position 1 R 100.00 Junior Position 1 R 100.00 Walker Position 1 R 100.00
Route: Route: 5 km: out and back along George Rex Drive; 10km: out along George Rex Drive, around Leisure-island and back to clubhouse – very flat for fast times!
ASWD Licensed athlete take note: Forget your 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.
First Aid: At the venue and along the route
Race Convener: - - Peter Szeili 081 564 5889 Email: peter@knysnaxse.co.za


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 reserve the right to accept / reject any entry received.</p>
<p>Club Colours: Athletes must participate in their correct club colours and display the ASA 2023 license number on the front and back of the vest. All other runners must display temporary number on front and back of vest. No advertising allowed. No Temp License needed for 5km Fun run</p>
<p>Cut-off time: 5km = 1 hrs OR 10km = 1 ½ hrs</p>
<p>Distance markers: Will be placed at every kilometre.</p>
<p>Foreigners: All foreign athletes must comply with WA rule 142 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>Minimum ages: 5 km = 9 yrs, 10km = 14 yrs. Athletes must give proof of their age at the request of the Race Referee. (ID / Birth Certificate / Permanent Residence Permit)</p>
<p>Refreshment Table: A Water point shall be provided at the entry onto Leisure Island. Water will also be available at the start and finish for the fun Run.</p>
<p>Road: Athletes must stay on the brick paved route and move to the right-hand side of the road at all other times, unless instructed differently by the marshals and Traffic Officers.</p>
<p>Safety: No animals or racers (push carts or prams) will be allowed. No earphones or in-ear music devices will be allowed. - Immediate disqualification (Applies to all events)</p>
<p>Seconding: No seconding from cyclists or private vehicles will be allowed on the route. No seconding will be allowed except for 1m on either side of a refreshment station.</p>
<p>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 front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. (Red age tag or Orange "W" tag)</p>
<p>Temporary licenses: Will be available to runners at the cost of R45.00.</p>
<p>Transport: No transport will be provided</p>

RACE TIMING: A 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 #	
Temp #	

SURNAME									
FIRST NAME									
MALE		FEMALE							
ADDRESS						Emergency contact details			
						Relation			
						Name			
CELL PHONE NR						Cell NR			
CLUB									
DATE OF BIRTH					AGE				
ID/BC/PR Nr									
TEMP NR				Runner			Walker		
2023 LICENSE #					PROVINCE				
5KM –Fun run R30.00			10KM – R75.00						
PARTICIPATION CAT: 10 km									
14 – 19/ OPEN/40 – 49/50 - 59/60-69/70 -79/80+ or Walker									
			ENTRY FEE						
			Temp Lic R45 (Not needed for 5 km)						
			Voluntary donation will go to KAWS						
			TOTAL						

INDEMNITY / DISCLAIMER By entering this event I undertake to be bound by the rules and regulations of the event including those of WA and ASA. I warrant that I am in good health and aware of the risks and dangers of the 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. Personal information you provide when entering will be shared with the KMC, ASWD and ASA and can be used and shared by them in accordance with their Terms and Privacy

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 this Indemnity/waiver on behalf of the minor.

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

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