



REÛLS EN REGULASIES RULES AND REGULATIONS

This race is subject to the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials, marshalls 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.

Minimum age 14 for 10km. Minimum age 7 for 4km. Cut-off time for 10km: 2 hours

Temporary licences will be available to athletes who are not members of a club at a cost of R35.00

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.

Distance markers will be placed where possible. 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.

Athletes must give proof of their age at the request of the race referee. (Original ID/Birth certificate/Permanent residence permit).

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)

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])

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.

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)

Athletes must keep to the right hand side of the road in single file, unless instructed differently by marshalls and Traffic Officers.

First Aid is available at start and finish.

ASWD Licensed athletes take note: Forget your chip-you will have to pay R20 to loan one for the race. Lost chip-you will have to pay R75 for a replacement chip.

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ALL NON-ONLINE ENTRIES WILL ATTRACT A R20.00 PREMIUM TO ADVERTISED RATES

PRIZE MONEY:

Pos	Open	V	M	G/M	GG/M	GGG/M	J	W	Hartenbos Drawwers
1	R 500	R 200	R 200	R 200	R 200	R 200	R 200	R 200	R 200
2	R 400								
3	R 300								

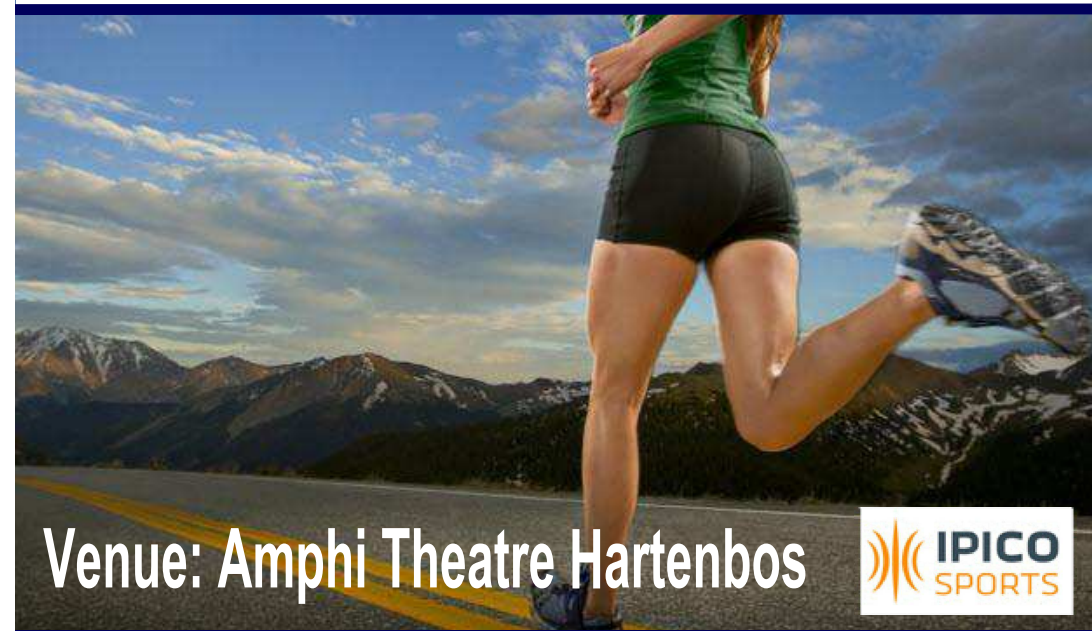
RACE TIMING:

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 chip. 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 the loss or damaged chips or those not handed back as required. It remains your responsibility to return the chip to the race organizers even in the event of not completing the race.

NO TIMING CHIP, NO RESULT



Oujaar 10km & 4km



Venue: Amphi Theatre Hartenbos



31 DECEMBER 2019

10km Walk/Run - 06h00 4km Walk/Run - 06h10



Held under the rules of ASWD, ASA and IAAF



www.hartenbosdrawwers.co.za



INLIGTING INFORMATION



INSKRYWINGSVORM ENTRY FORM

**Inteken by beginpunt:
Entries at start:**

Medaljes / Medals:

**Prysuitdeling:
Prize Giving:**

**Uithandigings:
Hand-outs:**

Roete / Route:

**Aanlyn Inskrywings:
Online Entries:**

Monday / Maandag (30 Dec)- 14h00 - 19h00
(Next to ATKV offices)
Tuesday / Dinsdag (31 Dec) - 04h15 - 05h30
at Amphitheatre

- **10km** - First 500 Finishers will receive a medal (Balance to be posted)
- **Fun Run** - Colour glazed medals to the first 200 finishers of the 4km

At the finish line @ 08h30
Athletes are responsible to collect their own prize money or make an alternative written arrangement with the Event Organizers.

Lucky Draws after Prize-giving

Fast flat circle route through Hartenbos and Bayview

Cut-off time - 2 Hours

www.aswd.co.za

Online entries close 20 December 2019 @ 23h59

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Race	Entry Fee	Temp Licence Fee	Min Age
Fun Run 4km	R 30.00	None	7 Years
10km	R 80.00	R 35.00	14 Years

**Vir meer inligting
kontak / For more
information contact:**

Johan - 082 940 8830

Hettie - 082 411 7926

Designed by: Internet CEO - 072 595 2731



Inskrywingsfooi / Entry Fee 10km & 4km:

- **10km Licenced Athletes: R80**
- **Temp Licence: R35**
- **4km (No temp licence required): R30**

Tick appropriate box

ADMIN USE ONLY

Chip number

Temp number

Surname: First Name:

ID / BC / PP / DL No: Date of Birth: Age:

Emergency Tel Number: Cell Number:

Address:

Club Name: 2019 ASA Licence No:

E-mail: Province:

4km 10km Run Walk Male Female

Ouderdom Kategorie / Age Category

14-19 Open 40-49 50-59 60-69 70-79 80+

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, 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.

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:.....

