

# 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 2023 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:** 10km = 1 ½ hrs

**Distance markers:** Will be placed at every kilometre.

**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.

**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**)

**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 tag** )/white background (**ASA Rule 22.9**)

Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R30.00	None	9 years
10km	R75.00	R45.00	14 years



# Rainbow Atletiek Klub

**Presents**

**5KM & 10KM NITE RACE**

**FRIDAY 26 JANUARY 2024 @ 18:00**

**Sponsored by**



**START & FINISH @ TOP GEAR SPORTS SHOP**

**TIME/TYD: 18H00**

**FEE: (10KM) R75.00**

**FEE :( 5KM) R30.00**

**TEM.LIC R45.00**

**HELD UNDER THE RULES OF ASA AND ASWD**



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

# INFORMATION

<p><b>Drop off Entries close on Wednesday 24 January 17h00 :Top Gear</b>  <b>Only online entries @ <a href="http://www.aswd.co.za">www.aswd.co.za</a></b>                  Close Wednesday 24 January @ 08h00. <b>(Additional R10 to Online Fees)</b>  <b>Registration and Late Entries : Friday 26 January 2024 from 15h00 at Top Gear .</b>  <b>Late Entrants will pay R20 premium on advertised Fee ONLY</b></p>																																																												
<p><b>Transport:</b> Own /Private</p>																																																												
<p><b>ASWD Licensed athlete take note:</b> Forget your IPICO chip – you will have to pay <b>R20</b> to loan one for the race. Lost your chip – you will have to pay <b>R75</b> for a replacement chip.</p>																																																												
<p><b>Start:</b> Top Gear @ 18h00</p>																																																												
<p><b>Finish:</b> Top Gear</p>																																																												
<p><b>Ablution:</b> Top Gear</p>																																																												
<p><b>First Aid: Palm Tyres</b> - Available at start &amp; routes</p>																																																												
<p><b>Hand-outs:</b></p>																																																												
<p><b>Medals:</b> Medals for all finishers on 10km on the 5km who complete the race within the cut-off time.  <b>Lots of Lucky draws</b></p>																																																												
<p><b>Prize giving:</b> Top Gear @ 19h45. Athletes are responsible to collect their own prize money or make an alternative written arrangement with the Event Organizer. <b>Failing which prize money is forfeited. (ASA Rule 2.10)</b></p>																																																												
<p><b>Prize Money:</b> 10km race, 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 <b>E.g.</b>  <b>No prize money for Fun Run</b></p> <table style="width: 100%; text-align: center;"> <tr> <td></td> <td>OPEN</td> <td>40 – 49</td> <td>=</td> <td>50 – 59</td> <td>=</td> <td>60 – 69</td> <td>=</td> <td>70-79</td> <td>=</td> <td>80+</td> <td>=</td> <td>J</td> <td>=</td> <td>W</td> </tr> <tr> <td><b>Position R500</b></td> <td><b>R200</b></td> <td><b>R200</b></td> <td></td> <td><b>R200</b></td> <td></td> <td><b>R200</b></td> <td></td> <td><b>R200</b></td> <td></td> <td><b>R200</b></td> <td></td> <td><b>R200</b></td> <td></td> <td><b>R200</b></td> </tr> <tr> <td><b>Position R300</b></td> <td><b>R100</b></td> <td><b>R100</b></td> <td></td> <td><b>R100</b></td> <td></td> <td><b>R100</b></td> <td></td> <td><b>R100</b></td> <td></td> <td><b>R100</b></td> <td></td> <td><b>R100</b></td> <td></td> <td><b>R100</b></td> </tr> <tr> <td><b>Position R200</b></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>		OPEN	40 – 49	=	50 – 59	=	60 – 69	=	70-79	=	80+	=	J	=	W	<b>Position R500</b>	<b>R200</b>	<b>R200</b>		<b>R200</b>		<b>R200</b>		<b>R200</b>		<b>R200</b>		<b>R200</b>		<b>R200</b>	<b>Position R300</b>	<b>R100</b>	<b>R100</b>		<b>R100</b>		<b>R100</b>		<b>R100</b>		<b>R100</b>		<b>R100</b>		<b>R100</b>	<b>Position R200</b>														
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<p><b>Route:</b> Map available at Registration</p>																																																												
<p><b>Welcome:</b> Walkers / Wheelchairs</p>																																																												
<p><b>Enquiries:</b> Sidwell Oktober 0719955346 / Elmo Botha 0662275501</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 chip to the race organizer even in the event of not completing the race.

# ENTRY FORM

<b>ADMIN USE</b>
<b>CHIP NO</b>
<b>TEMP NO</b>

<b>SURNAME</b>							
<b>FIRST NAME</b>							
<b>PROVINCE</b>					<b>LIC NO:2023</b>		
<b>DATE OF BIRTH</b>	D	d	m	M	YYYY	<b>AGE</b>	
<b>MALE</b>					<b>RUNNER</b>		
<b>FEMALE</b>					<b>WALKER</b>		
<b>CLUB</b>							
<b>ADDRESS</b>							
<b>CELLPHONE NR</b>							
<b>ID / BC / PR NUMBER</b>							
<b>EMAIL ADDRESS</b>							
<b>EMERGENCY Contact / Cell</b>							
<b>PARTICIPATION AGE CATEGORY:</b>							
JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70-79/80+/WALKER							
<b>Race</b>	<b>Entry Fee</b>		<b>Temp Lic Fee</b>		<b>TOTAL</b>		
Fun Run	R30.00		None				
10km	R75.00		R45.00				

**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 physical nature of this sporting event. 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.

.....  
**Signature**  
 .....

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