

SPAR



DE DEKKE SPAR GROOTBRAK

De Dekke Centre, R102, (Next to Great Brak River
Offramp on the N2), Great Brak River

Tel: 044 620-2300

dedekke1@retail.spar.co.za

Mon-Fri: 07h30 - 19h30

Saturday: 07h30 - 19h30

Sunday: 08h00 - 16h00

Public Holidays: 07h30 - 19h30

DE DEKKE SPAR

21.1km, 10km, 4km Funrun

Saturday, 03 February 2024

INSKRYWINGS : AANLYN

	21km	10km	PretDraf
Atlete met ASA Lisensie	R105	R85	Geen Lisensie nodig
Atlete sonder ASA Lisensie	R150	R130	R40
Waar :	www.aswd.co.za		
Sluitingsdatum:	29 Januarie 2024		

INSKRYWINGS : PER HAND

	21km	10km	PretDraf
Atlete met ASA Lisensie :	R95	R75	Geen Lisensie nodig
Atlete sonder ASA Lisensie :	R140	R120	R30
Waar :	ASWD Kantoor OF Hartenbos Drawwers Klubhuis		
Sluitingsdatum :	29 Januarie 2024		
Waar :	hartenbosdrawwers1@gmail.com OF WhatsApp - Petro: 072 259 6759		
Sluitingsdatum :	29 Januarie 2024		

INSKRYWINGS : 2 Febr 2024

	21km	10km	PretDraf
Atlete met ASA Lisensie :	R115	R95	Geen Lisensie nodig
Atlete sonder ASA Lisensie :	R160	R140	R30
Waar :	R102, Dedekke Spar, Grootbrak		
Tyd :	15H00 tot 18H00		

NO ENTRIES ON RACE DAY - GEEN INSKRYWINGS OP DAG VAN WEDLOOP

ALGEMENE INLIGTING

	21km	10km	PretDraf
BEGINTYD :	06h30	06h45	07h00
AFSNYTYD:	3 Ure, 30 Min	2 Ure	1 Uur, 30 Min
BEGIN & EINDE :	R102, De Dekke Spar, Grootbrak		
WATERPUNTE :	Elke 3km		
INLIGTING:	Ferdie: 083 294 2640 OF Petro: 072 259 6759 OF Johan: 082 940 8830		



ASWD



The Race is held under the rules
of ASA and ASWD



Die wedloop word gehou onder
die reëls van ASA en ASWD

RULES AND REGULATIONS

1	Age	<p><i>Minimum age on race day is 14 years for the 10 km.</i></p> <p><i>Minimum age on race day is 16 years for the 21.1 km.</i></p>	<p><i>The minimum age for the funrun is 7 years, however entrants younger than 7 years can participate if accompanied by a guardian who is 16 years or older.</i></p>
2	Second	<p>No seconding from cyclists or private vehicles allowed. Personal seconding, stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 34.8.2).</p>	
3	Safety	<p>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>	
4	Age tags	<p>Participants will be eligible for prizes in the OPEN category tag or junior tags if 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>	
5	Prize Giving	<p>Prize giving will start at 11h00 and all prize winners must attend the prize giving and the athlete must attend the prize giving in club colours. If an athlete is not at the prize giving or not in club colours he will forfeit his prize.</p>	
6	Proof of age	<p>Athletes must give proof of age at the request of the Race Referee. (SA ID/Passport/Driver's License/Refugee Permit/Birth Cert.)</p>	
7	Foreigners	<p>Foreigners are allowed to enter for this event if they have permission from ASA.</p>	
8	Rules used	<p>All road races held subject to the rules of ASA and Athletics SWD. 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 organiser reserves the right to accept/reject any entry received.</p>	
11	Entries	<p>Online can be done at www.aswd.co.za and entry forms will be at ASWD office and at all clubs.</p> <p>Late entries on 2 Feb 2024 at De Dekke Spar in Greatbrak between 15h00 till 18h00</p> <p style="color: red; text-align: center;">NO ENTRIES ON RACE DAY</p>	

INFORMATION

ENTRY FORM

Entry forms will be available at the following places

Entry forms will be available at: ASWD Office and Hartenbos Drawwers Clubhouse in Diaz

Where to enter for event

Online entries at www.aswd.co.za - Online entries close on 29 Jan 2024 @ 23h59

Manual entries can be handed in at

ASWD Office in George, OR Hartenbos Drawwers Clubhouse in Diaz,
Manual entries close on 29 Jan 2024 at 19h00

Late entries

Late entries can be done on 2 Feb '24 at the De Dekke Spar in Grootbrak from 15h00 till 18h00

Manual entries payment

Hartenbos Drawwers

Standard bank (Savings Account)

Branch code: 051001

Account number 385414803

Reference: Name and Surname

Entry form plus proof of payment must be send by email to

hartenbosdrawwers1@gmail.com

Collection of temp license and timing chip

2 Feb '24 between 15h00-18h00 & on 3 Feb '24 05h30 tot 06h15 @ De Dekke Spar, Great Brak River

7 10km : Time Limit : 02H00 Starting Time : 06h45 at De Dekke Spar

8 21.1km : Time Limit : 03H30 Starting time : 06h30 at De Dekke Spar

9 Waterpoints are between 2.5km and 3,5km apart

10 TAKE NOTE: THERE WILL ONLY BE PRIZE MONEY IF THERE ARE 3 OR MORE ATHLETES IN AN AGE CATEGORY

Prize money for 10km

PLACE	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women
	OPEN	JUNIOR	40 – 49	50 - 59	60 – 69	70 - 79	80+	Walk	HARTENBOS	
1	R300	R100	R100	R100	R100	R100	R100	R100	R100	R100
2	R200									
3	R100									

Prize money for 21km

PLACE	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women
	OPEN	JUNIOR	40 – 49	50 - 59	60 – 69	70 - 79	80+	Walk	HARTENBOS	
1	R500	R200	R200	R200	R200	R200	R200	R200	R200	R200
2	R400									
3	R300									

Contact persons / Kontakpersone

Ferdie 0832942640 ferdie@mweb.co.za Petro 0722596759 hartenbosdrawwers1@gmail.com



HARTENBOS DRAWWERS



DE DEKKE SPAR 10km & 21.1km Entry Form (3 Febr '24)

For office use only

10km	License No	
	Temp License No	
	Tag/Chip No	

21,1	License No	
	Temp License No	
	Tag/Chip No	

**NO ENTRIES ON RACE DAY
ONLY COLLECTION OF TEMP
LICENSE NUMBERS AND TAGS**

Entries for 10km, 21.1km & Funrun

	10km	21.1km	Funrun
Online Entry <i>CLOSE 29Jan24 23h59</i>	Licensed Athlete R85 Unlicensed R130	Licensed Athlete R105 Unlicensed R150	No License required R40
Pre Entry <i>CLOSE 29Jan24 19h00</i>	Licensed Athlete R75 Unlicensed 120	Licensed Athlete R95 Unlicensed R140	No License required R30
Late Entry <i>2 Feb24 15h00 - 18h00</i>	Licensed Athlete R95 Unlicensed R140	Licensed Athlete R115 Unlicensed R160	No License required R30

Surname																				
First Name																				
ID Number																				
Date of birth	D	D	M	M	Y	Y	Y	Y	Age											
Cell Number																				
Email Address																				

Emergency Contact

Emergency Contact																				
Contact number																				
Club name																				
2024 License Nr																				
	10km								Run					Walk						
	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 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.

Sign

Date

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 case minor)

SIGNED (signed by a parent/legal guardian if the participant is under age of 18

Date