

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 2024 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 = 2 hrs OR 21.1km = 3½ hrs

Distance markers: Will be placed at every 1 km.

Foreigners: All foreign athletes must comply with WA 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	R75.00	R45.00	14 years
21.1km	R95.00	R45.00	16 years



Cape**Multisport**Eden

Presents:

21.1km, 10km & Hoekwil 3km Fun Run

11 May 2024

08h00 (21.1km & 10km)

08h15 (3km Fun Run)

NG Kerk Hoekwil - Die Vleie Kontrei Basaar
PANNEKOEK, BASAAR POEDING, ONTBYT, DONKIEKAR ORKES

Entries:

- * EFT: Standard Bank =, Branch # 051001, Acc # 061143405, Ref: Name & Surname. Please mail POP to race@cmce.co.za
- * In Person: Top Gear, Meade Street, George until 8 May 2024
- * Online: www.aswd.co.za (R10 online fee)
- * On Race Day: 06h30 at start venue (R20 penalty charge)



Held under the rules of ASA

This event is timed by IPICO timing



Contact Person: Helena 076 593 9636 or race@cmce.co.za

INFORMATION

- Pre entries:** 1. Enter online at www.aswd.co.za (R10 added to online Fee)
 2. Pre-entries can be completed at Top Gear
 3. Closing date for online entries Wed, 8 May 2024 12h00
 4. Closing date for manual entries Wednesday, 8 May 2024 17h00

Registration and late entries at Hoekwil Church on race day:
 Registration 6h30 – 7h30 on race day, 11 May 2024. **Late Entries will attract a R20 premium to advertised rates**

Transport: No transport available

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.

Start: 10km & 21.1km NG Kerk Hoekwil at **8h00**, 3km Fun Run at **8h15**

Finish: NG Kerk Die Vleie, Hoekwil

First Aid: Provided

Hand-outs: Lucky Prizes

Medals: Gold, Silver and Bronze handed at the prize giving for the first 3 finishers for male and female in the 10km and 21.1km races/winner race walkers. Bronze medals to all finishers within the cut-off time

Prize giving: NG Kerk Hoekwil at 11am.

All Prize winners must be in their club colours when collecting their prize. Winners must be present at prize giving otherwise the prize will be forfeited. No Exceptions!

Prize Money (equal for male and female):

10km	OPEN	40-49	50-59	60-69	70+	80+	JUN.	WALK
1st	300	100	100	100	100	100	100	100
2nd	200							
3rd	150							
21.1k	OPEN	40-49	50-59	60-69	70+	80+	JUN.	WALK
1st	400	100	100	100	100	100	100	100
2nd	250							
3rd	200							

Route: Starting and Finish at NG Die Vleie Kerk running North Easterly on Hoekwil road and back along the same road.

Enquiries: Helena Ferreira 076 593 9636 or race@cmce.co.za

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.

HOEKWIL ENTRY

ADMIN USE**CHIP NO****TEMP NO**

SURNAME							
FIRST NAME							
PROVINCE					LIC NO 2024		
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: JNR/WALK / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70 - 79 / 80+							
Race	Entry Fee			Temp Lic Fee			TOTAL
Fun Run	R 30.00			None			
10km	R75.00			R45.00			
21.1km	R95.00			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, 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