

**RULES:** **1] Age** - Minimum age on race day is 14 years for the 10km. **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). **3] 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 the temporary number on front of the vest. **4] 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 point. (ASA Rule 34.8.2). **5] 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 Certificate since 1994). **6] Foreigners** - No foreigners allowed to participate in this race. **7] 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. **8] 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.

**GENERAL:** **[1] Start:** 10km start at McDonald's Garden Route Mall and **finish** at McDonald's Courtenay Street. **[2] Refreshment Tables:** Drinking stations will be provided at 3.5km intervals (2 water points) or more frequently if weather conditions warrant such provision. **[3] Distance markers** will be placed at every kilometre. **[4] The cut off time** for the race is 2 hours. **[5] First aid** is available at the start and the finish. **[6] Ablution facilities** will be available in the Garden Route Mall. **[7] No transport:** There will be no official transport from McDonald's Courtenay Street to McDonald's Garden Route. Please make use of your own transport or public transport. **[8] 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.

**ENTRIES:** **[1] Online Entries:** [www.entryninja.com](http://www.entryninja.com) **[2] By Hand:** You can enter and pay at Top Gear Sport and Sportsmans Warehouse, Eden Meander Mall. Please keep the receipt as proof of payment.



**REGISTRATION AND LATE ENTRY:** This is a pre-entry event and **NO RACE DAY** entries are accepted. Pre-entries close on 12 June 2024 at 23:59. The registration to collect your temp licence number will take place on Monday 17 June from 07:00 till 07:50 at McDonald's Garden Route Mall. ASWD licensed athletes do not have to register if they have entered. Late entrants will pay R20 premium on advertised entry fees on 15 and 16 June at Sportsmans Warehouse, Eden Meander Mall.

**PRIZE GIVING:** Athletes are responsible to collect their own prize money or make an alternative written arrangement with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.10)

**RACE RESULTS:** [www.aswd.co.za](http://www.aswd.co.za) | [www.raceresults.co.za](http://www.raceresults.co.za)

**Youth Day Race**

**McDonald's**

McDonald's GARDEN ROUTE MALL

2

McDonald's COURTENAY STREET

**10km**

**LATE ENTRIES:**

- 15 June 2024  
09:00am to 17:00pm
- 16 June 2024  
09:00am to 14:00pm at  
Sportsmans Warehouse,  
Eden Meander Mall

**LIMITED: 400 Entries**  
**NO RACE DAY**  
**ENTRIES**

**MONDAY**  
**17**  
**JUNE 2024**  
**@ 08:00am**

**BIOMGEN** **THIRSTI**



Held under the rules of  
**ASA | ASWD | WA**



This event is timed by  
an electronic chip  
**NO CHIP - NO RESULT**



Entries: [www.entryninja.com](http://www.entryninja.com) | Enquiries: 083 376 7414 | 084 772 2451

# ENTRY FORM - 10KM

- R75** Licensed Athletes
- R120** Unlicensed Athletes
- R45** **Nedbank Runners**  
Enter before 17 May 2024 (R75 from 18 May)
- R30** **Raffle Ticket**  
Stand a chance to win R5000 in lucky draw

Onlines fees: Add **R10** when entering online: [www.entryninja.com](http://www.entryninja.com)  
Late entry fee: Add **R20** to the entry fee on 15 and 16 June 2024 at Sportsmans Warehouse.

First Name \_\_\_\_\_ Contact Number \_\_\_\_\_

Surname \_\_\_\_\_ Email \_\_\_\_\_

ID Number \_\_\_\_\_ Club Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ 2024 License Number \_\_\_\_\_

|               |                          |              |                          |              |                          |               |                          |            |                          |             |                          |
|---------------|--------------------------|--------------|--------------------------|--------------|--------------------------|---------------|--------------------------|------------|--------------------------|-------------|--------------------------|
| <b>Junior</b> | <input type="checkbox"/> | <b>Open</b>  | <input type="checkbox"/> | <b>Male</b>  | <input type="checkbox"/> | <b>Female</b> | <input type="checkbox"/> | <b>Run</b> | <input type="checkbox"/> | <b>Walk</b> | <input type="checkbox"/> |
| <b>40-49</b>  | <input type="checkbox"/> | <b>50-59</b> | <input type="checkbox"/> | <b>60-69</b> | <input type="checkbox"/> | <b>70-79</b>  | <input type="checkbox"/> | <b>80+</b> | <input type="checkbox"/> |             |                          |

**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.

\_\_\_\_\_  
SIGNED 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 the case of a minor).


\_\_\_\_\_  
SIGNED Signed by a parent/legal guardian if the participant is under the age of 18 DATE

## ADMIN USE ONLY

\_\_\_\_\_  
Chip Number

\_\_\_\_\_  
Temp. Number

## PRIZE MONEY | 10KM Run and Walk

|          | MEN/<br>WOMEN<br>JUNIOR | MEN/<br>WOMEN<br>OPEN | MEN/<br>WOMEN<br>40-49  | MEN/<br>WOMEN<br>50-59 | MEN/<br>WOMEN<br>60-69 | MEN/<br>WOMEN<br>70-79 | MEN/<br>WOMEN<br>80+ | MEN/<br>WOMEN<br>WALK |
|----------|-------------------------|-----------------------|---|------------------------|------------------------|------------------------|----------------------|-----------------------|
| <b>1</b> | R250                    | R500                  | R150  | R150                   | R150                   | R150                   | R150                 | R150                  |
| <b>2</b> | R200                    | R300                  | <br><b>winning starts here</b> |                        |                        |                        |                      |                       |
| <b>3</b> | R150                    | R200                  |   |                        |                        |                        |                      |                       |
| <b>4</b> | R100                    |                       |   |                        |                        |                        |                      |                       |

**R30**  
Raffle Tickets  
**LUCKY DRAW**  
Stand a chance to  
win **R5000**

**MEDALS: 10KM**  
**Gold** First 100  
**Silver** Next 150  
**Bronze** Next 150



### 10KM TIME BONUS

|              |                   |
|--------------|-------------------|
| <b>MEN</b>   | Sub 29:00 - R2000 |
| <b>MEN</b>   | Sub 29:30 - R1000 |
| <b>MEN</b>   | Sub 30:00 - R500  |
| <b>WOMEN</b> | Sub 36:00 - R2000 |
| <b>WOMEN</b> | Sub 36:30 - R1000 |
| <b>WOMEN</b> | Sub 37:00 - R500  |

### OPEN PRIZES

First 3 men and 3 women in the Open Category get a **R2000 Hamper**  
 Nike, Bavaria, Thirsti, FutureLife, Biogen

**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 the chip to the race organizer even in the event of not competing the race.

**NO TIMING CHIP - NO RESULT!**