



**Race Number Positioning:  
Temporary licensed Runners:**



**4. Age Category Tags**

1. Age category tags are to be worn front and back, and it is the runner's responsibility to ensure that the correct age category is reflected on race day.
2. Temporary licensed entrants are eligible for age category prizes provided that they:
  - participate in the relevant age category,
  - wear the appropriate age tags and provide proof of identification.
5. Minimum age for participation is 14 years of age on the day of the race.
6. Senior and Master athletes age is taken on the date of the event.
7. In addition to Overall (Open) prizes, runners will only be eligible for age category prizes in the age category they enter.
8. Runners may enter the age category corresponding to their chronological age or any younger category down to senior.
9. Wheelchair entrants are encouraged to take part.
10. The Event Organiser reserves the right to accept or reject any entry.
11. TOG BAGS: There will be a tog bag facility for use at the runner's own risk.
  - Cellphones, money and jewelry should not be left in tog bags.
  - If there is no tag attached to your tog bag, it will not be accepted.
12. Toilets will be available at the start and the finish of the event, as well as, on the route at each water station.
13. All traffic officers, marshals and race officials must be obeyed at all times. If You are instructed by any marshal, race official, medic, traffic or police official to stop, You must do so immediately.
14. Refreshments stations will be provided at the 3,5km (5km and 10km route) and 7km marker (10km route)
15. Runners may participate with Baby Joggers/Prams. Runners accept that they are responsible for ensuring they are not involved in any collision or disruption to other runners.

16. A runner may not start or attempt to start the event before the confirmed start time. Any runner who does so may be disqualified.
17. A runner must complete the race with his/her own effort and may not receive any assistance in this regard.
18. Personal seconding is not permitted. Private vehicles are not to follow the athletes on the route, this can result in the disqualification of the entrant.
19. No bicycles are allowed on the route, apart from the lead cyclists and officials.
20. The use of music players with headphones is not allowed and will result in disqualification.
21. No ambush marketing is allowed.
22. Do not litter. ASA Rule 28 applies. #RunClean.
  - Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish.
  - Report offenders to the referees.
23. All entrants must cross all timing points on the route to qualify for an official result.
24. Prize giving for all Age Categories will be held at 10h30 at the Prize Giving stage.
25. Results for all participants will be available on the event website [www.totalsportswomensrace.co.za](http://www.totalsportswomensrace.co.za)
  - The results will be available at 09h30 in the TIC (Technical Information Centre).
  - Any objections must be made to the Official at the TIC within 30 minutes of the posting time as covered under World Athletics Rule 146.2.
26. All finishers will receive a medal.
27. All finishers will be given start gun to mat times.
28. It is understood that by entering the event, the participant's name and contact details will be added to the Event Organisers communication database to receive future communication about other events.
29. This event attracts international participation and as such there are restrictions on advertising on clothing for all Contenders. It is important that Elite Runners adhere to these rules as covered in the World Athletics Advertising regulations and ASA rule 24.

### **Prize Money**

1. Please note that all prize money winnings are subject to South African Tax Law and anti-doping results and can take up to 3 months to process.
  - a. Athletes who win an award and fail to be present for prize giving for any reason other than doping control or medical will be docked 10% of their prize money.
  - b. All athletes who win an award will be required to verify their age by providing their ID to the referees.

## **South African Athletes**

1. Prize money to South African Athletes will be paid 30 days after the event, provided that:
  - a. the result is not subject to the outcome of any anti-doping testing
  - b. the following information has been emailed through to [entries@stillwatersports.com](mailto:entries@stillwatersports.com)
    - copy of SA ID book
    - SARS tax number
    - proof of bank details (from bank)
    - completed prize money form (received at prize giving ceremony)
2. South African Athlete prize money will not be paid until ALL the required documentation has been submitted.