

RULES AND REGULATIONS

<p>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</p>			
<p>Club Colours: Athletes must participate in their correct club colours and display the ASA 2024 license numbers on the <u>front and back</u> of the vest, all other runners must display temporary number on <u>front</u> of vest. No advertising allowed.</p>			
<p>Cut-off time: 10 km = Runner & Walkers: 1hrs 45 min</p>			
<p>Distance markers: Will be placed at every kilometre.</p>			
<p>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.</p>			
<p>Proof of Age: Athletes must give proof of their age at the request of the Race Referee. (SA ID/Passport/Driver's License/Refugee Permit/Birth Cert since 1994)</p>			
<p>Refreshment Tables: Drinking / Sponging stations shall be provided at every 3km mark and finish.</p>			
<p>Road: Athletes must always stay on the right-hand side of the road, unless instructed differently by the marshals and Traffic Officers.</p>			
<p>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.</p>			
<p>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)</p>			
<p>Age Tags: Participants will be eligible for prizes in the <u>OPEN</u> 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))</p>			
Race	Entry Fee	Temp Lic Fee	Minimum Age
10km	R80.00	R 45.00 <i>Unlicensed Athletes</i>	14 years





TOYOTA

MOSELBAAI

In association with



32Gi Running Club and Curro Mossel bay

10km RUN/WALK

When: 02 November

Time: 07h00

Venue: Curro High School, Mossel Bay

CURRO

MOSELBAAI • BAY

5km Park run @ 08h00

HELD UNDER THE RULES OF ASWD, ASA and WA



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

INFORMATION

<p>Registration and Entry information: Pre- Entries: Online: www.aswd.co.za, Closing date Wednesday, 30 October @ 17h00 (Additional R10 to Online fees) Late entries on Friday, 16h00 till 19h00 at Curro High school, Seemeeu Rd, Heiderand, Mossel Bay. NO ENTRIES ON RACE DAY Late Entrants will pay R20 premium on advertised Fee ONLY. Registration for Unlicenced and Non ASWD runners on Friday afternoon and Saturday morning from 05h30 till 06h45</p>																																
<p>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.</p>																																
<p>Start Times: 10km – 07h00 Curro Park Run: 08h00</p>																																
<p>Start and Finish: Curro High School, Seemeeu Rd, Heiderand, Mossel Bay</p>																																
<p>Parking: Primary School Field next to High School</p>																																
<p>Ablution: Toilets at venue</p>																																
<p>First Aid: Paramedics on route. Dr on standby</p>																																
<p>Hand-outs: Lucky Draws / Prizes</p>																																
<p>Medals: Medals to all finishers who complete the race within the cut-off time.</p>																																
<p>Prize giving @ 08h45 - 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!</p>																																
<p>Prize Money: Prizes will be awarded to all category winners, Equal prize money for male and female athletes.</p>																																
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; padding: 5px;">15km</th> <th style="text-align: left; padding: 5px;">OPEN</th> <th style="text-align: left; padding: 5px;">40-49</th> <th style="text-align: left; padding: 5px;">50-59</th> <th style="text-align: left; padding: 5px;">60-69</th> <th style="text-align: left; padding: 5px;">70-79</th> <th style="text-align: left; padding: 5px;">80+</th> <th style="text-align: left; padding: 5px;">Junior</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">1</td> <td style="padding: 5px;">R400</td> <td style="padding: 5px;">R150</td> <td style="padding: 5px;">R150</td> <td style="padding: 5px;">R150</td> <td style="padding: 5px;">R150</td> <td style="padding: 5px;">R150</td> <td style="padding: 5px;">R150</td> </tr> <tr> <td style="padding: 5px;">2</td> <td colspan="7" style="padding: 5px;">R300</td> </tr> <tr> <td style="padding: 5px;">3</td> <td colspan="7" style="padding: 5px;">R200</td> </tr> </tbody> </table>	15km	OPEN	40-49	50-59	60-69	70-79	80+	Junior	1	R400	R150	R150	R150	R150	R150	R150	2	R300							3	R200						
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1	R400	R150	R150	R150	R150	R150	R150																									
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<p>Route: Loop in Heiderand and then an out and back to the Curro High School</p>																																
<p>Welcome: Walkers</p>																																
<p>Enquiries: Maryke Sass 082 568 5490/ swd32gj@gmail.com</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 the chip to the race organizer even in the event of not completing the race.



ENTRY FORM

		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: JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70-79/80+			
Race	Entry Fee	Temp Lic Fee	TOTAL
10km	R80.00	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 this Indemnity/waiver on behalf of the minor.

Printed name of participant (parent/guardian in the case of a minor)

Phone..... Signature..... Date.....