

Knysna

Marathon Club

Waterfront Half Marathon

Presented by:

Knysna Hollow

21km / 10 km / 5 km fun run



VENUE: Knysna Waterfront
DATE: 09 November 2024

TIME: 07h00

Lucky draw – Prizes

**Shopping - Eating and Adventure destination.
Make it a Weekend!**

HELD UNDER THE RULES OF ASA AND ASWD

This event is timed by electronic chip. NO CHIP NO TIME



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INFORMATION

Registration and late entries 09 November – From 06h00 Waterfront North Entrance. R20.00 penalty for on the day entries.																																				
Online entries: www.knysnamarathonclub.co.za (23/09/2024 till 4/11/24 Entry Fee: 5 km - R35.00 or 10km - R80.00 OR 21.1km - R100.00. Add R10.00 when entering online.																																				
Start/Finish/Parking Knysna Waterfront Parking at the Waterfront Drive parking area. Race Start/Finish at the South Waterfront Parking area.																																				
Ablution: Available at Venue -																																				
Accommodation: Knysna Hollow Tel: 044 382 5401																																				
Hand-outs:																																				
Medals: Medals to all finishers who complete the race within the cut-off time																																				
Prize giving: Waterfront Promenade 10h30. 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 Prize money will be awarded to men and women in the following categories: <table><thead><tr><th></th><th>10km</th><th></th><th>21.1km</th></tr></thead><tbody><tr><td>Open</td><td>Position 1 R300.00 Position 2 R150.00 Position 3 R100.00</td><td>Open</td><td>Position 1 R750.00 Position 2 R350.00 Position 3 R200.00</td></tr><tr><td>40 – 49</td><td>Position 1 R150.00</td><td>40 – 49</td><td>Position 1 R200.00</td></tr><tr><td>50 – 59</td><td>Position 1 R150.00</td><td>50 – 59</td><td>Position 1 R200.00</td></tr><tr><td>60 +</td><td>Position 1 R150.00</td><td>60 +</td><td>Position 1 R200.00</td></tr><tr><td>70 +</td><td>Position 1 R150.00</td><td>70 +</td><td>Position 1 R200.00</td></tr><tr><td>80+</td><td>Position 1 R150.00</td><td>80+</td><td>Position 1 R200.00</td></tr><tr><td>Junior</td><td>Position 1 R150.00</td><td>Junior</td><td>Position 1 R200.00</td></tr><tr><td>Walker</td><td>Position 1 R150.00</td><td>Walker</td><td>Position 1 R200.00</td></tr></tbody></table>		10km		21.1km	Open	Position 1 R300.00 Position 2 R150.00 Position 3 R100.00	Open	Position 1 R750.00 Position 2 R350.00 Position 3 R200.00	40 – 49	Position 1 R150.00	40 – 49	Position 1 R200.00	50 – 59	Position 1 R150.00	50 – 59	Position 1 R200.00	60 +	Position 1 R150.00	60 +	Position 1 R200.00	70 +	Position 1 R150.00	70 +	Position 1 R200.00	80+	Position 1 R150.00	80+	Position 1 R200.00	Junior	Position 1 R150.00	Junior	Position 1 R200.00	Walker	Position 1 R150.00	Walker	Position 1 R200.00
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Route: 5 and 10 km: out and back along the waters edge – very flat for fast times 21.1 km: Waterfront - Leisure Isle Coney Glen and back.																																				
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 chip.																																				
First Aid: At the venue and along the route																																				
Race Convener: - Barry Danvers 083 292 1580 Email: cathy.danvers@yahoo.com																																				

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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 reserve 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 number on the front and back of the vest. All other runners must display temporary number on front and back of vest. No advertising allowed. No Temp License needed for 5km Fun run</p>
<p>Cut-off time: 5km = 1 ½ hrs OR 10km = 2 hrs OR 21.1 = 3 1/2 hrs</p>
<p>Distance markers: Will be placed at every kilometre.</p>
<p>Foreigners: All foreign athletes must comply with WA rule 142 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>Minimum ages: 5 km = 9 yrs, 10km = 14 yrs OR 21.1 km = 16 yrs. Athletes must give proof of their age at the request of the Race Referee. (ID / Birth Certificate / Permanent Residence Permit)</p>
<p>Refreshment Tables: Drinking / Sponging stations shall be provided at 2.5 km's, 5 km, 5.66 km, 9.83 km, 13.1 km, 16.1 km, 18.6 km. Water and other suitable refreshments will also be available at the start and finish of the races.</p>
<p>Road: Athletes must stay on the brick paved route and move to the right-hand side of the road at all other times, unless instructed differently by the marshals and Traffic Officers.</p>
<p>Safety: No animals or racers (push carts or prams) will be allowed. No earphones or in-ear music devices will be allowed. - Immediate disqualification (Applies to all events)</p>
<p>Seconding: No seconding from cyclists or private vehicles will be allowed on the route. No seconding will be allowed except for 1m on either side of a refreshment station.</p>
<p>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 front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. (Red age tag or Orange "W" tag)</p>
<p>Temporary licenses: Will be available to runners at the cost of R45.00.</p>
<p>Transport: No transport will be provided</p>

RACE TIMING: A 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.

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ENTRY FORM

Admin Use	
Chip #	
Temp #	

SURNAME							
FIRST NAME							
MALE		FEMALE					
ADDRESS		Emergency contact details					
		Relation					
		Name					
CELL PHONE NR				Cell NR			
CLUB							
DATE OF BIRTH				AGE			
ID/BC/PR Nr							
TEMP NR				Runner		Walker	
2024 LICENSE #				PROVINCE			
5KM –Fun run R35.00		10KM – R80.00		21.1km – R100.00		On the day Entries R20.00	
PARTICIPATION CAT: 10 km & 21.km (min 16yr for 21km) 14 – 19 / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70-79/80+ or Walker							
		ENTRY FEE					
		Temp Lic R45 (Not needed for 5 km)					
		Voluntary donation to NSRI Station 12					
		TOTAL					

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. Personal information you provide when entering will be shared with the KMC, ASWD and ASA and can be used and shared by them in accordance with their Terms and Privacy

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.....