

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 2023 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: 10km = 2 hrs OR 21.1km = 3 hrs 30min OR 42.2km = 5 hrs 30min</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>Race numbers: As provided by organizers. Front and/or back. Placed over permanent or temp no./s in manner that ASA License Sponsor and ASA Province / Year is visible above the race number. (ASA Rule 26.1.6)</p>			
<p>Refreshment Tables: Drinking / Sparging stations shall be provided at 3km intervals (Min 2.5km – Max 3.5km apart), or more frequently if weather conditions warrant such provision. Water and other suitable refreshments shall be available at the start and finish of all races.</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 points. (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 <u>OFFICIAL ASWD</u> 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 tag/white background (ASA Rule 22.9))</p>			
Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R50.00	None	9 years
10.4km	R85.00	R45.00	14 years
21.1km	R110.00	R45.00	16 years
42.2km	R170.00	R45.00	20 years
T-Shirt cut-off order date: 16 Oct 2023		R250	Size:

ENTRY FEES INCLUDE ALL ON-LINE FEES.

bvsa

GROUP | GROEP

Vlakte Marathon, Half Marathon & 10.4km

(Incorporating closed ASWD Marathon Champs - 42.2km)

23 November 2024

Marathon - 05H00 Heidelberg High School

Half Marathon - 06H00 Zoutpan

10.4km - 07H00 Vondeling Primary School

5km Fun Run - 08H00 The Woolshed – Witsand,

All Races Finish in Witsand

Presented by



Sponsored by



HELD UNDER THE RULES OF ASA AND ASWD and WA



INFORMATION

Registration and Late Entries:

On-Line entries @ www.entryninja.com Close Monday 18 Nov @ 23h30.

All Late Entries: will be accepted at a R20 premium to advertised rates
Friday, 22 Nov 2024.

15h00 - 20h00 at the Heidelberg High School Sports ground.

Saturday, 23 Nov 2024

No Late entries 42.2km at the Heidelberg Sports ground

No Late entries 21.1km at Zoutpan (start of the half marathon)

06h00 - 06h45 **10.4km** Vondeling Primary School (Start of 10.4 km).

07h00 - 07h45 **Fun Run** at The Woolshed – Witsand, Main road

Transport: Morning of the race, available from Witsand Camp site at 3.30am **and no later**. To the start of the Half marathon will depart from the starting point at Heidelberg High School Sports Ground at 05h00 sharp. Transport will be available **from the finish to starting** point of each race, direct after prize giving has been concluded.

Race number - As provided by organizers. Front and/or back. Placed over permanent or temp no./s in manner that ASA License Sponsor and ASA Province / Year is visible above the race number. (ASA Rule 26.1.6)

Start:

42.2km: 05h00 Heidelberg High School Sports Ground

21.1km: 06h00 Zoutpan (Halfway down the R323 to Witsand)

10.4km: 07h00 Vondeling Primary School (10 km from Witsand on the R323)

5km: 8h00 at The Woolshed – Witsand, Main road

Road Closers -R323– Witsand to Heidelberg from 5.30am to 8am

Finish: *All races finish in Witsand*

Ablution: Available at start and finish

First Aid: Will be available

Hand-outs: Goodie bags for first 100 entries

Medals: Gold: Winner of Marathon & Half marathon

Silver: Marathon sub 3h15; Half Marathon sub 1h30

Bronze: Everybody finishing within the cut-off times.

5km & 10.4km - medals to all finishers.

Prize giving: Will take place at 10h30 at Finish line in Witsand. . 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:						
	Mans /Men			Dames/Ladies		
	10,4	21,1	42,2	10,4	21,1	42,2
Open						
1st	R 300	R 750	R 1,500	R 300	R 750	R 1,500
2nd	R 150	R 350	R 750	R 150	R 350	R 750
3^d	R 100	R 200	R 350	R 100	R 200	R 350
40-49						
1st	R 150	R 200	R 300	R 150	R 200	R 300
50-59						
1st	R 150	R 200	R 300	R 150	R 200	R 300
60-69						
1st	R 150	R 200	R 300	R 150	R 200	R 300
70-79						
1st	R 150	R 200	R 300	R 150	R 200	R 300
80+						
1st	R 150	R 200	R 300	R 150	R 200	R 300
Junior						
1st	R 150	R 200		R 150	R 200	

Accommodation:
A variety of accommodation is available ranging from "low budget" in the local High School hostel (028 722 1455 Mon-Fri 08:00-14:00) to Heidelberg Hotel (028 722 1860) to guest houses or visit the following link for more information: www.explorersgardenroute.co.za or call 087 802 6403 to get more information on accommodation.

Route: Please visit: www.langebergathletics.co.za

Welcome: Walkers

Enquiries: Nico Steyn - 083 226 3091

Road Closure:

The R322 from Vondeling(10.4km start) to four way cross in Port Beaufort/Witsand R324 will be closed for Athletes safety purposes from 6.30am to 10.30am on 23 November 2024.

ENTRY FORM

ADMIN USE
CHIP NO
TEMP NO

SURNAME							
FIRST NAME							
PROVINCE				LIC NO 2024			
DATE OF BIRTH	D	d	m	M	yyy	AGE	
MALE				RUNNER			
FEMALE				WALKER			
CLUB							
ADDRESS							
CELLPHONE NR							
ID / BC / PP / DL No. NUMBER							
EMAIL ADDRESS							
EMERGENCY Contact / Cell							
PARTICIPATION AGE CATEGORY:							
JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70+ / 80+							
PAYMENT							
Entry forms can be sent to: langebergathletics@gmail.com or enter online at www.entryninja.com							
All entries should include proof of payment into the following back account: Nedbank, Acc nr. 147 001 4610, Branch code 132105							
Race	Entry Fee			Temp Lic Fee		TOTAL	
Fun Run	R50.00 (scholars – R30)			None			
10.4km	R85.00 (Late Entry +R20)			R45.00			
21.1km	R110.00 (Late Entry +R20)			R45.00			
42.2km	R170.00 (Late Entry +R20)			R45.00			
T-shirt	Size:			R250			

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 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;

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: