

RULES AND REGULATIONS

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.

Club Colours: Athletes must participate in their correct club colours and display the ASA 2023 license numbers on the front and back of the vest, All other runners must display temporary number on front of vest. No advertising allowed.

Cut-off time: 10km = 2 hrs

Distance markers: Will be placed at every 1 km.

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.

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 Cert since 1994)

Refreshment Tables: Drinking / Sponging stations shall be provided at 3km intervals. Water and other suitable refreshments shall be available at the start and finish of all races.

Road: Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.

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.

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)

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))**

Race	Entry Fee	Temp Lic Fee	Minimum Age
5km Fun Run	R40.00	None	9 years
10km	R80.00	R45.00	15 years



10 km
5km Fun Run

LOVE LIFE

ROAD RACE

PRESENT BY



19 OCT '24

START / FINISH

THE WILDERNESS COMMON

This event is held under the rules of ASWD, ASA and WA.

Timed by IPICO timing chip.

NO CHIP NO TIME.

10 km starts @ 07:30

5 km starts @ 7:45 am



ENTRIES

- ONLINE: WWW.ASWD.CO.ZA [Untill Wednesday, 16/10/24, 12h00]
- TOP GEAR SPORT, GEORGE [Untill Wednesday, 16/10/24, 17h00]
- MOUNT CO, GEORGE [Untill Wednesday, 16/10/24, 17h00]
- RACE DAY: 19/10/2024 FROM 06:00 - 07:15 AM

CONTACT: HELENA 076 593 9636 / HENRY 082 333 6631

THANK YOU TO OUR SPONSORS



INFORMATION

Pre entries: 1. Enter online at www.aswd.co.za . (R10 added to online fee) 2. Pre-entries can be completed at Top Gear and MountCo 3. Closing date for online entries Wed, 16 October 2024 12h00 4. Closing date for manual entries Wednesday, 16 October 2024 17h00																																				
Registration and late entries at The Wilderness Common on race day: Registration 06h00 – 07h15 on race day, 19 October 2024. Late Entries will attract a R20 premium to advertised rates																																				
Transport: No transport available																																				
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.																																				
Start: The Wilderness Common 10km @07h30, 5km Fun Run @07h45																																				
Finish: The Wilderness Hotel, Wilderness																																				
First Aid: Provided																																				
Hand-outs: Lucky Prizes																																				
Medals: Gold, Silver and Bronze handed at the prize giving for the first 3 finishers for male and female in the 10km race/winner race walkers. Bronze medals to all finishers within the cut-off time																																				
Prize giving: The Wilderness Hotel - when last runner finish. 09:30 Latest. 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 for male and female): <table border="1"><thead><tr><th>10km</th><th>OPEN</th><th>40-49</th><th>50-59</th><th>60-69</th><th>70+</th><th>80+</th><th>JUN.</th><th>WALK</th></tr></thead><tbody><tr><td>1st</td><td>300</td><td>100</td><td>100</td><td>100</td><td>100</td><td>100</td><td>100</td><td>100</td></tr><tr><td>2nd</td><td>200</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>3rd</td><td>150</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr></tbody></table>	10km	OPEN	40-49	50-59	60-69	70+	80+	JUN.	WALK	1st	300	100	100	100	100	100	100	100	2nd	200								3rd	150							
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Route: Start at The Wilderness Hotel, left onto Whites road for a scenic loop, Waterside Road towards Ebb and Flow national park, turning point on gravel road, trail section through forest area, back to hotel.																																				
Enquires: Helena 076 593 9636 / Henry 082 333 6631 / info@cmce.co.za																																				

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 personalized 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.

**LOVE LIFE
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+ / Walker														
Race	Entry Fee			Temp Lic Fee			TOTAL							
Fun Run	R 40.00			None										
10km	R 80.00			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 into this Indemnity/waiver on behalf of the minor.

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

Phone

Signature

Date