

# RULES AND REGULATIONS

<p><b>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.</b></p>			
<p><b>Club Colours:</b> 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><b>Cut-off time:</b> 10km = 2 hrs 21.1km = 3 hrs</p>			
<p><b>Distance markers:</b> Will be placed at every kilometre.</p>			
<p><b>Foreigners:</b> 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><b>Proof of Age:</b> Athletes must give proof of their age at the request of the Race Referee. (SA ID/Passport/Drivers License/Refugee Permit/Birth Cert)</p>			
<p><b>Refreshment Tables:</b> Drinking / Sponging 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><b>Road:</b> Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.</p>			
<p><b>Safety Rule (ALL DISTANCES):</b> 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><b>Seconding:</b> No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding, <b>stand and hand rule</b> will only be permitted within <b>the delineated area at water points.</b> (ASA Rule 34.8.2)</p>			
<p><b>Age Tags:</b> 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, <b>visible and above license number</b>, front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. (<b>Red age tag/white background</b>) (ASA Rule 22.9)</p>			
Race	Entry Fee	Temp Lic Fee	Minimum Age
10km	R80.00	R45.00	14 years
21.1km	R100.00	R45.00	16 years



**PALM TYRE**  
Your Wheel & Tyre Specialist



## **Palm Tyres 21.1km & 10km**



### **ASWD 21.1km CHAMPIONSHIP**

**When: Saturday 07 December 2024**

**Time: 06h00 – 21.1km**

**06h10 – 10km**

**Venue: Palm Tyres, top of York Street, George**

**HELD UNDER THE RULES OF ASA AND ASWD**



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

# INFORMATION

<b>Registration and Late Entries: Limited Late entries on Race day</b> <b>Pre-entries:</b> Top Gear Sport, Meade Street, Loerie Centre (Ters) and MountCo, Courtney Street until Wednesday, 4 December 2024 at 17h00.								
<b>Online Entries: ASWD -<a href="http://www.aswd.co.za">http://www.aswd.co.za</a></b> Close Wednesday, 04 Dec. at 12h00.								
<b>ASWD Licensed athlete take note:</b> 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.								
<b>Start:</b> 06h00 at Palm Tyres – 21.1km 06h10 at Palm Tyres – 10km								
<b>Finish:</b> Palm Tyres								
<b>Ablution:</b> Available at start and finish.								
<b>Medals:</b> Medals to the first 350 who compete the race within cut-off time.								
<b>Prize giving:</b> 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. <b>No Exceptions!</b>								
<b>Prize Money: Equal prize money for male and female athletes.</b> (Prize Money for disabled athletes will only be awarded if there are three athletes racing in the same specification category.)								
	<b>OPEN</b>	<b>40 – 49 =</b>	<b>50 – 59 =</b>	<b>60 -69 =</b>	<b>70-79 =</b>	<b>80+ =</b>	<b>J =</b>	<b>W</b>
<b>10km</b>	<b>1 R300</b>	<b>1 R150</b>	<b>1 R150</b>	<b>1 R150</b>	<b>1 R150</b>	<b>1 R150</b>	<b>1 R200</b>	<b>1 R150</b>
	<b>2 R200</b>							
	<b>3 R100</b>							
<b>21.1km</b>	<b>1 R500</b>	<b>1 R150</b>	<b>1 R150</b>	<b>1 R150</b>	<b>1 R150</b>	<b>1 R150</b>	<b>1 R200</b>	<b>1 R150</b>
	<b>2 R300</b>							
	<b>3 R200</b>							
<b>Route:</b> From centre of town through Heatherlands to the historical Tolhuis in the Montagu Pass and back – undulating with long winding climb to the turn.								
<b>First Aid:</b> Available								
<b>Welcome:</b> Walkers / Wheelchairs								
<b>Enquiries:</b> Johann du Preez @ 084 501 0168								

**'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

<b>ADMIN USE</b>
<b>CHIP NO</b>
<b>TEMP NO</b>

<b>SURNAME</b>							
<b>FIRST NAME</b>							
<b>PROVINCE</b>				<b>LIC NO 2024</b>			
<b>DATE OF BIRTH</b>	d	d	m	m	yyyy	<b>AGE</b>	
<b>MALE</b>				<b>RUNNER</b>			
<b>FEMALE</b>				<b>WALKER</b>			
<b>CLUB</b>							
<b>ADDRESS</b>							
<b>CELLPHONE NR</b>							
<b>ID / BC / PR NUMBER</b>							
<b>EMAIL ADDRESS</b>							
<b>EMERGENCY Contact / Cell</b>							
<b>PARTICIPATION AGE CATEGORY:</b>							
JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60 – 69 / 70 -79 / 80+							
<b>Race</b>	<b>Entry Fee</b>	<b>Temp Lic Fee</b>		<b>TOTAL</b>			
10km	R80.00	R45.00					
21.1km	R100.00	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. 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:.....