

CHASING CHEESE BURGERS

10KM RACE
OR 5KM FUN RUN
15 JANUARY 2025

STARTS AT 6PM
OUTSIDE ROCOMAMAS
GEORGE, AND FINISHES
AT GERONIMO SPUR



ENQUIRIES:
ESME BOSHOFF
084 499 7753

ROCOMAMAS
YORK STREET, GEORGE
044 873 2716

GERONIMO SPUR
YORK STREET, GEORGE
044 873 4279



SPURSTEAKRANCHES.COM
ROCOMAMAS.COM



Held under the rules of ASA and ASWD



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

INFORMATION

<p>Registration and Late Entries: From 4.30pm (16h30) on race day 15 January 2025 only at Rocomamas, Top of York Street.</p> <p>Pre-entries: Top Gear Sport, Geronimo Spur, York Street and Rocomamas until Tuesday, 14 January 2025 at 17h00.</p> <p>All Late Entries: Will be accepted at a R20 premium to advertised rates.</p>																					
<p>On-Line Entries: @ www.aswd.co.za. Close Monday, 13 January 2025</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: Rocomamas, Top of York Street.</p>																					
<p>Finish: Geronimo Spur, York Street.</p>																					
<p>Ablution: Available at start and finish.</p>																					
<p>First Aid: Will be available.</p>																					
<p>Hand-outs: Lucky Draw Prizes.</p>																					
<p>Medals / Handouts: Finishers will have a choice: 1. Chasing Cheese Burgers Medal 2. Spur Cheese Burger from Spur Caravan 3. Donate R25 to our Charity of your choice for next year. Use your ticket at the finish to make your choice.</p>																					
<p>Prize giving: Geronimo Spur at 20h00. 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: Equal prize money for male and female athletes.</p> <p style="text-align: center;">OPEN 40 – 49 = 50 – 59 = 60 – 69 = 70+ = JUNIORS = 80+</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Position 1=R700</td> <td style="padding: 2px;">R150</td> <td style="padding: 2px;">R150</td> <td style="padding: 2px;">R150</td> <td style="padding: 2px;">R150</td> <td style="padding: 2px;">R150</td> <td style="padding: 2px;">R150</td> </tr> <tr> <td style="padding: 2px;">Position 2=R500</td> <td style="padding: 2px;">R50</td> <td style="padding: 2px;">R80</td> <td style="padding: 2px;">R80</td> <td style="padding: 2px;">R80</td> <td style="padding: 2px;">R80</td> <td style="padding: 2px;">R80</td> </tr> <tr> <td style="padding: 2px;">Position 3=R300</td> <td colspan="6"></td> </tr> </table> <p>1st Outeniqua Harrier R100(M/F)</p>	Position 1=R700	R150	R150	R150	R150	R150	R150	Position 2=R500	R50	R80	R80	R80	R80	R80	Position 3=R300						
Position 1=R700	R150	R150	R150	R150	R150	R150															
Position 2=R500	R50	R80	R80	R80	R80	R80															
Position 3=R300																					
<p>Route: Circle Route tar and off road</p>																					
<p>Welcome: Walkers - No Prize Money for Walkers</p>																					
<p>Esmé Boshoff - 084 499 7753</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 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	yyy	AGE	
MALE					RUNNER		
FEMALE					WALKER		
CLUB							
ADDRESS							
CELLPHONE NR							
ID / BC / PR NUMBER							
EMAIL ADDRESS							
EMERGENCY Contact / Cell							
PARTICIPATION AGE CATEGORY:							
JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70+ / 80+							
Race	Entry Fee			Temp Lic Fee		TOTAL	
10km	R80.00			R45.00			
5km Fun Run	R35.00			-			

Additional Late entries(10km): R20.00 on Race Day.

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:.....

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 2024 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 / 5km Fun Run = 1 hr

Distance markers: Will be placed at every kilometre.

Foreigners: All foreign athletes must comply with IAAF 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.

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)

Refreshment Tables: 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.

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 tag/white background**) (ASA Rule 22.9)

Race	Entry Fee	Temp Lic Fee	Minimum Age
10km	R80.00	R45.00	14 years
5km Fun Run	R35.00	-	



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STEAK RANCHES