

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 2025 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 = 1:30 hrs OR 21.1km = 3:30 hrs OR 42.2km = 5:30

Distance markers: Will be placed at every kilometre.

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/Driver's 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 always stay on the right-hand side of the road, unless instructed differently by the marshals and Traffic Officers.

Safety rule; No animals or racers (push carts or prams) will be allowed. (ASA rule 34.10.1; 34.10.3) No earphones or in-ear music devices will be permitted. (ASA rule 34.10.6
- Immediate disqualification (Applies to all events).

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
Fun Run	R35.00	None	9 years
10km	R80.00	R45.00	14 years
21.1km	R100.00	R45.00	16 years
42.2km	R125.00	R45.00	20 years



COMRADES QUALIFIER

Sponsored by



8 March 2025

Time: 06h00 (42,2 & 21,1 km)

06h30 (10 & 5 km)

HELD UNDER THE RULES OF ASWD, ASA and WA



INFORMATION

Registration and late entries: www.knysnamarathonclub.com. Also available on **ENTRY TICKETS** Late entries Thesen Island 05h00 **Race Day entries will attract a R20 premium to advertised rates**

Entries by hand can be done at **TOP GEAR SPORTS GEORGE**

ONLINE ENTRIES ATTRACT A R10.00 ADMIN FEE. ENTRIES OPEN 8 JAN 2025 -CLOSE 5 MARCH 2025

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 & finish- Thesen island. 42.2 & 21,1 km 06h00
10 & 5 km 06h30**

Protection of Personal Information Act 4 of 2013

All information will be processed in line with section 11 of this act; by completing this form you consent to your personal information to be processed accordingly.

Abution: Toilets at venue /no Showers

First Aid: At venue and along the route

Hand-outs: Lucky Prizes

Medals: Medals to all finishers who complete the race within the cut-off time.

Prize-giving: Thesen Islands. 10km and 21km prize giving at 10:00. 42km prize giving at 11:30. (ASA Rule 2.9) 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!

PRIZEMONEY	42,2 KM	21.1KM	10KM
1.OPEN	R800	R600	R400
2. OPEN	R600	R400	R200
3.OPEN	R500	R300	R100
40-49	R400	R200	R100
50-59	R400	R200	R100
60-69	R400	R200	R100
70-79	R400	R200	R100
80+	R400	R200	R100
Junior	R400	R400	R100
Walker	R400	R400	R100

Route: fast and flat at sea level; From Thessen Island direction Leisure Island and back. 42,2 km proceed to White bridge turn right to Phantom pass and back




Welcome: Walkers

Enquiries: Race convenor-**Morney Willemse 065 857 0273**

Email- mwillemse@westerncape.gov.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 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.

		ADMIN USE	
		TEMP NO	
SURNAME			
FIRST NAME			
PROVINCE			LIC NO 2025
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			
  			
ENTRY FEE	Late entry fee extra R20.00 Temp licence extra R45.00		
5 km	R35		
10 km	R80		
21 km	R100		
42 km	R125		
VOLUNTARY DANATION TO KAWs		R	
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 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:.....