RULES: 1] The wearing of club clothes is not mandatory. 2] Only the event race number (10km and 21km Trail) will be worn on the front of the vest. 3] Immediate disqualification if a runner tampers with the route markings. 4] Immediate disqualification if a runner is caught littering. 5] Immediate disqualification if a runner damages the trail or any vegetation. 6] There will be water points on the route. 7] Minimum age for entering is 16 years for the 21km trail run, 14 years for the 10km trail run and 9 years for the 5km trail run. 8] No substitutions will be allowed. No refunds. 9] Closing date for pre-entries is 18 March 2025. 10] Start chutes close strictly at 06:25 for the 21km trail run, 06:55 for the 10 km trail run and 07:10 for the 5km fun trail run, on race day for compulsory race briefing. Arrivals after this time will not be allowed to start. 11] Held under the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials and marshals. Non compliance may lead to disqualification. The Race Director's decision is final. The Race Organizer reserves the right to accept/ reject any entry received as well as refuse athletes to participate in race on race day without any refund.

GENERAL

- 1] Start and Finish at Chandelier Game Lodge.
- 2] Cut-off times: 21 km trail = $4 \text{ hours} \cdot 10 \text{ km} = 3 \text{ hours} \cdot 5 \text{ km} = 2 \text{ hours}$.
- 31 First aid is available at the finish.
- 4] Ablution facilities will be available at start and finish.
- 5] Race results available at www.aswd.co.za/results

ONLINE ENTRIES: www.entryninja.com

HAND ENTRIES: Top Gear Sport, George • Nedbank Running Club Time Trial - Oudtshoorn 18:00 at Wes Bank Tennis Club, Buitekant Street • Nedbank Running Club Time Trial - George 10:30 at NRC Clubhouse, Meent Street, Heather Park.

REGISTRATION AND LATE ENTRIES

- 1] Pre-entries close on 18 March 2025 at 16:00. Late entries on race day from 06:00 at R20 premium.
- The collection of the race number bib and timing chip (21 km and 10 km trail run) and arm band (5 km trail run) will take place on Friday, 21 March 2025 from 06:00 at Chandelier Game Lodge.

LOCATION: Located on the N12 (Route 62) 7km from Oudtshoorn, enroute to George.

GPS: Latitude: \$33°39.933 Longitude: E22°14.354.





Entries: www.entryninja.com • Enquiries: 083 376 7414 • 083 751 4445



Held under the rules of ASA | ASWD | WA





This event is timed by an electronic chip NO CHIP - NO RESULT



ENTRY	FORM - TRAIL RUN	ADMIN USE ONLY	
R200	21km Club Athletes	ADMIN COL CITE	
R245	21km Non-Club Athletes Includes temporary number/chip	Chip Number	
R110	10km Club Athletes		
R155 (10km Non-Club Athletes Includes temporary number/chip	Temp. Number	
R40 (5km No temporary number/chip needed No timing on 5km	Add R10 when entering online: www.entryninja.com	
First Name	e Contact Nu	umber	
Surname_	Email		
ID Numbe	er Club Name	e	
Date of Bi	rth 2025 Licer	nse Number	
Junior	Open Male Fema	Run Walk	
	40-49 50-59 60-6	9 70-79 80+	
By entering and ASA. I sporting ever event entire the event, national at injury, loss of in the even	this event I undertake to be bound by the rules and warrant that I am in good health and aware of the ent, and do not claim ignorance of these risks and dely at my own risk and I release and discharge, to the all sponsors, persons and organizations assisting thetics bodies and all local authorities from any for damage of whatever nature, however caused, and t including pre- and post-race activities. I further of the be unsafe, I will immediately discontinue further process.	the risks and dangers of physical nature of this dangers. I hereby accept that I participate in the efullest extent allowed in law, the organizers of in the staging of the event, provincial and responsibility, liability or costs relating to an ising directly or indirectly from my participation agree and warrant that if at any time I believe	
 Signed		DATE	
And I the mexperience condition to	RELEASE ninor's parent and/or legal guardian, understand to and capabilities and believe the minor to be quate participate in such activity and I enter into this local intricipant (parent/guardian in the case of a minor).	lified, in good health, and in proper physica	
SIGNED (S	Signed by a parent/legal guardian if the participant	DATE	

PRIZE MONEY

21.1km **Trail Run**

10km **Trail Run**

MEN/ WOMEN OPEN

MEN/ WOMEN OPEN

1	R1000	
2	R750	
3	R500	

MEN/ WOMEN OPEN

1	R500
2	R300
3	R200

MEDALS

21km • 10km • 5km **Trail Run**

Gold

First 5 Men & Women

Silver

Next 20

Bronze

Everyone



RACE TIMING

ASWD LICENSED ATHLETES: No loan chip will be available on race day apart from the timing chips for the non-club members. NO CHIP • NO TIME • NO EXCEPTIONS!!

The chip is to be worn on your shoe for the duration of the event. The loan chips for non-club members are to be handed back at the end of the race. 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 competing the race.