

# 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 ½ hrs

**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/Drivers License/Refugee Permit/Birth Cert since 1994)

**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 tags/white background (ASA Rule 22.9

Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R30.00	None	9 years
10km	R80.00	R45.00	14 years



**RAINBOW  
ATHLETICS CLUB**



**10K+  
5K**

**SATURDAY**

**28 JUNE 2025** **START 08:00**  
COURTNEY STREET, GEORGE

**ENTRIES R80 (10K) R30 (5K)**

HELD UNDER THE RULES OF



ASWD



ONLINE ENTRIES CLOSE ON WED 25JUNE 12H00 & DROP OFF 17H00

**Late entries on Friday 27 June from 17h30 - 19h30**

**NO LATE ENTRIES ON RACE DAY**

# INFORMATION

**Online Entries @ [www.aswd.co.za](http://www.aswd.co.za)**

**Close:** Wednesday 25 June @23H30 (**Additional R10 to Online Fees**) **NO REFUNDS!!**

Drop of Entries at Top Gear & Palm Tyres close Wednesday 25 June @17h00

**Late Entries on Friday 27 June between 17h30 – 19h30. Late Entries will attract a R20 premium to advertised rates.**

Fun Run entries on day of Race.

**R1000 CASH TO THE SCHOOL WITH THE MOST 5KM ENTRIES!!**

**Transport: Own / Private**

**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:** Palm Tyres @ 08h00

**Finish:** Palm Tyres

**Ablution:** Palm Tyres

**First Aid:** Available

**Hand-outs:** Lucky Draws

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

**Prize giving:** Palm Tyres @09h45. 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:** 10km Race. Equal **prize money** for male and female athletes. **[Prize money for disabled athletes will only be awarded if there are three athletes racing in the same specification category.]**

	OPEN	40-49	50 –59	60–69	70-79	80+	J	W
<b>Position 500</b>	<b>200</b>	<b>200</b>	<b>200</b>	<b>200</b>	<b>200</b>	<b>200</b>	<b>200</b>	<b>200</b>
<b>Position 300</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>
<b>Position 200</b>								

**Route:** Map Available at Registration

**Welcome:** Walkers / Wheelchairs??

**Enquiries:** Sidwell October 0719955346

**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

ADMIN USE
CHIP NO
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										
PARTICIPATION AGE CATEGORY: JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70-79/80+/WALK										
Race	Entry Fee				Temp Lic Fee			TOTAL		
Fun Run	R30.00				None					
10km	R80.00				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:.....