

TORTOISE

TUFF

Are you tuff
enough?



HELD UNDER THE AUSPICES OF ASWD, ASA & WA

ASWD

**10km run/walk, 21.1km run/walk,
30km run plus a 3km fun-run/walk**
7am Sat 22 March from Sedgefield Primary School

Online entries available from www.aswd.co.za. Add R10 when entering online. Online entries open on 01 January 2025 and close on 18 March 2025. Late entries accepted on Friday 21 March 2025 (Subject to R20 late entry fee)

NB: No late entries on race day.

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

PLEASE NOTE START TIMES ON PAGE 2



Enquiries: Cathy Weiderman: 083 625 5913, raceconvenor@sedgefieldstriders.co.za

Race Rules www.sedgefieldstriders.co.za

All road races held subject to the rules of ASA and Athletics SWD. 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 organiser reserves the right to accept / reject any entry received.

- 1) **CLUB COLOURS:** Athletes must participate in correct club colours and display ASA 2025 licence numbers on the front and back of vests. All other athletes must display temporary licence numbers on the front of the vest. No advertising allowed.
- 2) **CUT-OFF TIMES:** 3km = 1hr; 10km = 2hrs; 21.1km = 3½hrs, 30km 4 ½ hrs
- 3) **DISTANCE MARKERS:** Placed at every kilometre for road runs.
- 4) **RUNNERS FROM OUTSIDE SA:** 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.
- 5) **MINIMUM AGE TO COMPETE:** Fun Run = 9 years, 10km = 14 years; 21.1km and 30km = 19 years. Athletes must give proof of age at the request of the Race Referee. (SA ID/Passport/Drivers License/Refugee Permit/Birth Cert)
- 6) **RACE NUMBERS:** As provided by organisers. Front and/or back. Placed over permanent or temp no./s in manner that ASA License Sponsor and ASA Province / Year is visible above the race number. ASA Rule 26.1.6
- 7) **REFRESHMENT TABLES:** Drinking stations shall be provided at intervals of minimum 2.5km (minimum) to 3.5km (maximum) intervals or more frequently if weather conditions warrant such provision. Water and other suitable refreshments will be available at the start / finish of all races.
- 8) **ROAD:** Athletes must stay on the right hand side of the road unless instructed differently by the marshals and traffic officers.
- 9) **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.
- 10) **SECONDING:** No seconding from cyclists or private vehicles allowed. Personal seconding , stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 34.8.2)
- 11) **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).

Information....

General

- 1) **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. **ASWD Licensed athlete take note:** Forget your chip you will have to pay R20 to borrow one for the race. Lost your chip you will have to pay R75 for a replacement chip.
- 2) **PRE-ENTRIES: WE REGRET NO LATE ENTRIES WILL BE ENTERTAINED ON RACE DAY. NO UP OR DOWNGRADES EITHER. LATE ENTRIES WITH A FEE OF R20 WILL BE ACCEPTED ON 21 MARCH 2025**
 Online entries: www.aswd.co.za. EFT entries: Sedgefield Striders, ABSA Bank Acc No. 907 5103 723 (email proof of payment and entry form to raceconvenor@sedgefieldstriders.co.za). Entry forms available from Top Gear (Meade Str, George) or the ASWD offices or website www.aswd.co.za). Entries cut off: 10:00 on Monday, 18 March 2025. NB NO CASH DEPOSITS OR CHEQUES WILL BE ACCEPTED.
- 3) **REGISTRATION:** Friday 21 March 2025 at Sedgefield Primary School, cnr Piet my Vrou and Parakiet Sts from 17h00 - 19h00 or (same venue) Saturday 22 March from 05h30.
- 4) **RACE START:** Sedgefield Primary School 30km run/walk; 21.1km run/walk and 10km run/walk at 07h00. Fun Run at 08h00.
- 5) **PRIZE GIVING:** 11h15 for 10km & 21.1km and 30km at Sedgefield Primary School. Athletes are responsible for collection of their own prize money or making an alternative written arrangement with the Event Organizer, failing which prize money is forfeited. (ASA Rule 2.10).
- 6) **ROUTE:** Road race course: in and around Sedgefield.
- 7) **FINISH:** Sedgefield Primary School.
- 8) **MEDALS:** Medals to all who complete an event within the allocated time.
- 9) **FABULOUS LUCKY DIP PRIZES:** Available at prize giving - but you have to be there!
- 10) **REFRESHMENTS:** Food and drinks will be on sale at the school.
- 11) **FIRST AID:** A qualified first aider will be on duty with doctors on standby.
- 12) **ABLUTIONS:** Toilets are available at the start/finish.

Prize Categories

30km	RUNNERS ONLY: OPEN: 1st R500 2nd R350 and 3rd R200 Other age categories: R100 prize for 1st place in Junior, 40-49, 50-59, 60-69, 70+, 80+
21.1km	RUNNERS & WALKERS: OPEN: 1st R500 2nd R350 and 3rd R200 OTHER AGE CATEGORIES (RUNNERS ONLY): R100 prize for 1st place in Junior, 40-49, 50-59, 60-69, 70+, 80+
10km	RUNNERS & WALKERS: OPEN: 1st R300 2nd R200 and 3rd R150 OTHER AGE CATEGORIES (RUNNERS ONLY): R100 prize for 1st place in Junior, 40-49, 50-59, 60-69, 70+, 80+

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ENTRY FORM

CHIP NO*		*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										
CELL NUMBER										
ID / BC / PP / DL No.										
EMAIL ADDRESS										
EMERGENCY CONTACT										
PARTICIPATION AGE CATEGORY: (Please mark with an X)										
JUNIOR	OPEN	40 - 49	50 - 59	60 - 69	70 - 79	80+	RUN	WALK		
Race		Entry Fee		Temp. Lic Fee				SUBTOTAL		
3KM FUN RUN		R20.00		NONE						
10KM RUN/WALK		R85.00		R45.00						
21.1KM RUN/WALK		R110.00		R45.00						
30KM RUN		R130.00		R45.00						
TOTAL										

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:.....