

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 <u>front and back</u> of the vest, All other runners must display temporary number on <u>front</u> of vest. No advertising allowed.			
Cut-off time: 10km = 2 hrs.			
Distance markers: Will be placed at every 3 km.			
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. 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
10km	R80.00 (MANUAL ENTRY)	R45.00	14 years
10km	R80.00+R10 (online entry fee)	R45.00	



PetroSA

RUNNING CLUB

PRESENTS:

Mossel Bay Heiderand 10Km Race # NO 2

RACE DATE: 12 July 2025

Starting Time 08:00

Heiderand Open Field: Opposite Heiderand Mall: 34°11'08.9"S 22°06'48.2"E

Entries:

* **EFT:** FNB =, Branch # 250655 , Acc # 63022607808,

Ref: Name & Surname. Please mail POP to **JOHNNY.Dhlamini@petrosa.co.za**

* **Printed Forms Available@ Shell Spar Heiderand Mall:**

* **Online:** www.aswd.co.za (R10 online fee)

* **On Race Day:** Between 06h30 & 07:30 at start venue (R20 penalty charge)



Held under the rules of **ASA**
This event is timed by **IPICO** timing



Contact Person: Olga Mosito: 0835929012 omosito@outlook.com

INFORMATION

Pre entries: 1. Enter online at www.aswd.co.za (R10 added to online Fee) 2. Pre-Manual entries can be completed at Shell Spar Heiderand Mall 3. Closing date for online entries Wed, 09 JULY 2025 23h00 4. Closing date for manual entries 08 July 2025 18:30								
Registration and late entries at Heiderand Open Park (Opp Heiderand Mossel Bay Mall): Registration 06h30 – 7h30 on race day, 12 July 2025. Late Entries will attract a R20 premium to advertised rates								
Transport: No transport available								
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: Heiderand Open Park (Opp Heiderand Mossel Bay Mall) at 08h00								
Finish: Heiderand Open Park (Opp Heiderand Mossel Bay Mall)								
First Aid: Will be on standby Zuki/Sihle/Aida (PetroSA Medical Station will allocate on for the race)								
Hand-outs: Lucky Prizes								
Medals: Gold: handed at the prize giving for the first finishers for male and female and all category winners Silver: for 2 nd place open male and female and Bronze medals to male and female 3 rd position and all finishers within the cut-off time								
Prize giving: Heiderand Open Park (Opp Heiderand Mossel Bay Mall). 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 (equal for male and female):								
10km	OPEN	40-49	50-59	60-69	70+	80+	JUN.	WALK
1st	500	250	250	250	250	250	250	N/A
2nd	400							
3rd	300							
Route: Start at seder street to point high via 11 th and 12 th Avenue to Hofmeyr back to the start via Church and 21th Avenue								
Enquiries: Olqa: 0835929012 omosito@outlook.com								

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 personalized 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.

PETROSA RC HEIDERAND 10KM RACE

ADMIN USE

CHIP NO:

TEMP NO:

SURNAME							
FIRST NAME							
PROVINCE				LIC NO 2025			
DATE OF BIRTH	D	d	m	M	yyy	AGE	
MALE				RUNNER			
FEMALE				WALKER (N/A)			
CLUB							
ADDRESS							
CELLPHONE NR							
ID / BC / PP / DL No.							
EMAIL ADDRESS							
EMERGENCY Contact / Cell							
PARTICIPATION AGE CATEGORY: JNR/ OPEN / 40 – 49 / 50 - 59 / 60-69 / 70 - 79 / 80+							
Race	Entry Fee		Temp Lic Fee		TOTAL		
10km	R80.00		R45.00				
10km	R80.00+ R10 online Fee		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