

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 2019 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: Runners 1 ½ hrs Walkers: 2 hrs

Distance markers: Will be placed at every kilometre.

Foreigners: All foreign athletes must comply with IAAF 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	R 30.00	None	9 years
10km	R55.00	R35.00	14 years

GREATBRAK WEDLOOP/RACE

10KM RUN/WALK
5KM FUN RUN



Presented by

MOSSEL BAY HARRIERS

27 APRIL 2019

07H00

LAERSKOOL/PRIMARY SCHOOL
VORENTOE
SPORTGRONDE/SPORTGROUNDS

10km - R55.00

Fun Run: R30.00

HELD UNDER THE RULES OF ASWD, ASA and IAAF



INFORMATION

Registration:

27 April 2019 at Vorentoe Primary School: 05h30 – 06h45

Pre-entries: Will not be officially done, but feel free to send completed entry form to harriersmbay@gmail.com with proof of payment

Start: Vorentoe Primay School Sportgrounds: in street

10km = 07h00 Fun Run: 07h15

Finish: Vorentoe Primay School Sportgrounds

Ablution: on premises

First Aid: On route and at finish.

Hand-outs: Lucky draws with prize giving

Medals: Medals to all finishers who complete the race within the cut-off time. Gold = 12 Silver = 30 Bronze = All who finish race in cut-off time.

Prize giving: Vorentoe Primay School Sportgrounds: **09h00 but maybe earlier depending on finishing time of athletes.** Athletes are responsible to collect their own prize money or make a written arrangement with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.10)

Prize Money: 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)**

10km	OPEN	40 – 49	50 – 59	60 – 69	70+	JUNIORS
Position: 1	R 200	R 100	R 100	R 100	R 100	R100
Position: 2	150					
Position: 3	100					

Route: Flat, fast, easy circle route with beautiful scenery

Welcome: Walkers / Wheelchairs

Enquiries: : Paulus Allart : 0734125440 /Michael Tobias: 0713401091
Jacob Karelse: 0730817484

Email address: harriersmbay@gmail.com

RACE TIMING:

Manuel: Stopwatch with electronic timer.

ENTRY FORM

ADMIN USE
CHIP NO
TEMP NO

SURNAME							
FIRST NAME							
PROVINCE					LIC NO 2019		
DATE OF BIRTH	D	d	m	M	yyy	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+							
Race	Entry Fee			Temp Lic Fee		TOTAL	
Fun Run	R 30.00			None			
10km	R 55.00			R35.00			
Bank details: Name: Mossel Bay Harriers Bank: ABSA Account: Cheque Account number: 2070140902							

INDEMNITY / DISCLAIMER By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF 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:.....