

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. **Age tags are compulsory if category winner.**

Cut-off time: 15 km = Runner & Walk: 2 hrs 30 min
21.1km = Runner & Walk 3hours

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/Driver's License/Refugee Permit/Birth Cert since 1994)

Refreshment Tables: Drinking / Sponging stations shall be provided at every 3km mark and finish.

Road: Athletes must always stay on the right-hand side of the road, 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 point. (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 tags or junior tags are 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 35.00	None	9 years
15km	R 85.00	R 45.00	15 years
21.1km	R 100.00	R 45.00	16 years

RACE AGAINST CRIME / WEDLOOP TEEN MISDAAD

15KM & 21.1KM Run / Walk

4.8km Fun Run / Pret loop



Date / Datum: 02 AUGUST 2025

**Time / Time: 15 & 21.1 km – 08h00
4.8km Fun Run – 08h20**

Venue: Landbou Saal / Agriculture Hall, Herbertsdale

**Fee / Fooi: 15 km - R 85.00
21.1km - R 100.00**

4.8km - R 35.00

Presented by

Mossel Bay Harriers

HELD UNDER THE RULES OF ASWD, ASA and WA



MOSSEL BAY HARRIERS

INFORMATION

Pre-Entries: Send completed entry form with proof of payment to harriersmbay@gmail.com Dates for submission: 9 June till 30 July 2025, 18H00. ABSA Bank Branch: 632003 Current Acc Nr: 2070140902

Late Entries: Date: 02 August 2025 **Time:** 06H00 – 07H45

Race day entries will attract a R20 premium to advertised rates.

ASWD Licensed athlete take note: Timing will be done manually with stopwatch / ASWD time watch.

Non-Licensed athletes can collect their temporary numbers race day, 02 August 2025, Agriculture Hall from 06H00

Start: 15 & 21.1km 08H00 In-front of Agriculture Hall.

Fun Run: 08H20 in-front of Agriculture Hall.

Finish: Agriculture Hall

Abution: At the Hall

First Aid: On route and at finish

Medals: To all finishers who complete the race within the cut-off time.
15km: Gold = Category winners **Silver:** 30 **Bronze** = all other finishers in time.

21.1km: Gold = Category winners **Silver:** 30 **Bronze** = all other finishers in time. **FUN RUN:** All Finishers

Prize giving: 11H00 or as soon as last athlete finish at the Agriculture Hall. **Athletes are responsible to collect their own prize money or 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.]

15km	Open	40-49	50 - 59	60 – 69	70 – 79	80+	Walkers	Junior
1 st	R250	R100	R100	R100	R100	R100	R100	R100
2 nd	R200							
3 rd	R150							
21.1km	Open	40-49	50-59	60-69	70-79	80+	Walkers	Junior
1 st	R300	R120	R120	R120	R120	R120	R120	R120
2 nd	R250							
3 rd	R200							

Route: In-out route on tar road; a bit uphill/downhill.

Welcome: Walkers

Enquiries: Paulus Allart 0734125440 OR Dianne Oosthuizen 0843692731
Jacob Karelse 0633172136 Gillian Flores 0783316542

Email address: harriersmbay@gmail.com

RACE TIMING: Will be done manually.

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+ / 80+							
Fun Run	R 35.00		None				
15km	R 85.00		R 45.00				
21.1km	R 100.00		R 45.00				

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:.....