

THEMBALETHU WELLNESS CLUB

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 <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 = 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 <u>OPEN</u> category and the age category for which they have entered provided the relevant <u>OFFICIAL ASWD</u> 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	None	9 years
10km	R55.00	R35.00	14 years

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FIVE TO TEN RUN

Presented by



DATE: 06 JULY 2019 TIME: 07:30 AM

VENUE: INKUBEKO YOUTH AND SCIENCE CENTRE

Sponsored by



HELD UNDER THE RULES OF ASWD, ASA and IAAF



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

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INFORMATION

Registration and late entries: [Inkcubeko YS / 06:30 am]						
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.						
Pre-Entries: Online_ Entries @www.aswd.co.za, closing date 03 July 2019 at 12H00. Top Gear and Inkcubeko YS on 04 July 2019 at 17:00						
Start & Finish: Inkcubeko Youth and Science Centre 07:30						
Ablution: On premises, No showers						
First Aid: On route and finishing						
Hand-outs: Lucky Prizes and draws						
Medals: Medals to all finishers who complete the race within the cut-off time. Gold = / Silver = / Bronze =						
Prize giving: Inkubeko Youth and Science Centre / 9h30. 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: [Specify various categories that will receive 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. E.g.]						
	OPEN	40 – 49	= 50 – 59	= 60 – 69	= 70+	JUNIORS
Position 1	R1500	R200	R200	R200	R200	R200
Position 2	R1000					
Position 3	R1000					
Route: Flat, fast and easy						
Welcome: Walkers / Wheelchairs						
Enquiries: Siviwe Pikelela 073 513 4213 Andiswa Bota 078 783 7555 thembaletuwellnessclub@gmail.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 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

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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 2019					
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+										
Race	Entry Fee				Temp Lic Fee			TOTAL		
Fun Run 5 KM	R30.00				None					
10km	R55.00(Late Entry+20)				R35.00					

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:.....