

## RULES AND REGULATIONS

<b>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.</b>			
<b>Club Colours:</b> 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, <b>All</b> other runners must display temporary number on <u>front</u> of vest. No advertising allowed.			
<b>Cut-off time:</b> 42.2 km = 5 hrs,30min 10 km = 2hrs 4 km = 1 hour			
<b>Distance markers:</b> Will be placed at every kilometre.			
<b>Foreigners:</b> 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.			
<b>Proof of Age:</b> 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)			
<b>Race numbers:</b> 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)			
<b>Refreshment Tables:</b> 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.			
<b>Road:</b> Athletes must always stay on the right-hand side of the road, unless instructed differently by the marshals and Traffic Officers.			
<b>Safety Rule (ALL DISTANCES):</b> 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.			
<b>Seconding:</b> 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)			
<b>Age Tags:</b> 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 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. ( <b>Red age tags/white background (ASA Rule 22.9)</b> )			
<b>Race</b>	<b>Entry Fee</b>	<b>Temp.Lic fee</b>	<b>Min. Age</b>
42.2 km	R125.00	R45.00	20 years
10 km	R80.00	R45.00	14 years
4km	R20.00	N/A	9 years

# LAINGSBURG KAROO MARATHON

THROUGH THE HEART OF THE KAROO

Presented by

**ARLINGTON ATHLETICS CLUB**



Sponsored by

**WESTERN CAPE GOVERNMENT**



Western Cape  
Government

**FOR YOU**

Supported by

**Laingsburg Municipality**



**27 September 2025**

**06:00 -42.2km**

**07:00 – 10km**

**Ellis Sport Grounds – Meiring Str.**

**HELD UNDER THE RULES OF ASWD, ASA and IAAF**



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

## INFORMATION

**Pre-entries:** 1) Enter Online: [www.aswd.co.za](http://www.aswd.co.za) (R10 added to online Fee)

Closing date for ONLINE pre-entries: **24.09.2025** midnight

2) Pre-Entries can also be completed and e-mailed to [meintjieshds01@gmail.com](mailto:meintjieshds01@gmail.com). All entries should include proof of payment into the following bank account: **Standard Bank**

**Arlington Athletics Club; Acc number: 00180120115; Branch code: 000205; Branch Code Electronical Payment: 051001; Swift address: SBZA ZA JJ**

**Registration and late entries:** Friday **26.09.2025** at Flood Museum (Tourism) from 17:00 – 22:00.

Late entrants will pay R20 premium on advertised fee.

**Limited Entries on entries on race day**

**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:** JJ Ellis Sport Grounds – Meiring St @ 06:00 42.2km  
@ 07:00 10km  
@ 08:00 Fun Run

**Finish:** JJ Ellis Sport Grounds – Meiring St

**Ablution:** JJ Ellis Hall

**First Aid:** JJ Ellis Hall and on route. PARAMEDICS on standby

**Medals:** Medals to all finishers who complete the race within the cut-off time. Gold first 10 men and Ladies and Silver to all other finishers.

**Prize giving:** at the event after cut-off time of the 42,2km. 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

	42 kms		10 km		FUN RUN	
Position	Male	Female	Male	Female	Male	Female
1	R3000	R3000	R700	R700		
2	R2000	R2000	R500	R500		
3	R1000	R1000	R300	R300		
Walker	N/A	N/A	R200	R200		
Junior	R400	R400	R200	R200		
40-49	R400	R400	R200	R200		
50-59	R400	R400	R200	R200		
60-69	R400	R400	R200	R200		
70-79	R400	R400	R200	R200		
80+	R400	R400	R200	R200		

**Route:** The route will take participants into the Karoo countryside on quiet good quality country and farm roads. No major climbs.

**Welcome:** Walkers are welcome to participate on the 10.4 km race  
(No Wheelchairs)

**Enquiries:** **Wilfred Van Niekerk** - Nr. 071 053 9682

[wvanniekerk73@gmail.com](mailto:wvanniekerk73@gmail.com)

**Hilton Meintjies** – Nr. 064 632 4747

[Meintjieshds01@gmail.com](mailto:Meintjieshds01@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 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 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							

## PAYMENT

Entry forms can be sent to: [meintjieshds01@gmail.com](mailto:meintjieshds01@gmail.com) or enter online at [www.qswd.co.za](http://www.qswd.co.za)

All entries should include proof of payment into the following back account: Standard Bank, **Acc nr. 00180120115, Branch code 051001**

PARTICIPATION AGE CATEGORY:			
JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70+ / 80+			
Race	Entry Fee	Temp Lic Fee	TOTAL
Fun Run	R20	None	
10km	R80.00 (Late Entry +R20)	R45.00	
42.2km	R125.00 (Late Entry +R20)	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 this Indemnity/waiver on behalf of the minor.

Printed name of participant (parent/guardian in the case of a minor) .....

Phone:..... Signature:..... Date:.....