

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 hours			
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/Drivers License/Refugee Permit/Birth Cert since 1994)			
Race numbers: 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)			
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
10km	R100.00 R10 additional fee for online entries	R50.00	14 years

[ASWD STANDARD ENTRY FORM]

Fancourt 10km

Presented by

Fancourt

Sponsored by

**The Barn – Adidas Eyewear –
Nordee Run – Mecca Roofing
BMW**

19 December 2025

18.00

The Ridge – Fancourt

HELD UNDER THE RULES OF ASWD, ASA and WA



This event is timed by Bout Time

[ASWD STANDARD ENTRY FORM]

INFORMATION

Registration and late entries: No late or race day entries available. Online entries done through Entry Ninja (+ R10 onlinefee) ; online entries close 8 th of December or when the event is sold out.																																							
Transport: N/A																																							
ASWD Licensed athlete take note: Timing will be done with Bout Time																																							
Start: at The Ridge club house at 18.00 Venue and number collection will open from 15.00 Please ensure you allow enough time to collect your numbers no later than 17.30 on the 19 th December 2025. Parking based outside the Links entrance gate ; please ensure you have your race details and access codes that will be provided via SMS for entry.																																							
Finish: The Ridge Clubhouse																																							
Ablution: The Ridge Clubhouse																																							
First Aid: The Ridge Clubhouse																																							
Hand-outs: Lucky Prizes																																							
Medals: All finishers who complete the race within the cut-off time will receive a Fancourt gift.																																							
Prize giving: 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: <table><tr><td></td><td>OPEN</td><td>40-49</td><td>50-59</td><td>60-69</td><td>70-79</td><td>80+</td><td>J</td></tr><tr><td>Position 1st</td><td>R2500</td><td>R300</td><td>R300</td><td>R300</td><td>R300</td><td>R300</td><td>R300</td></tr><tr><td>Position 2nd</td><td>R2000</td><td>R200</td><td>R200</td><td>R200</td><td>R200</td><td>R200</td><td>R200</td></tr><tr><td>Position 3rd</td><td>R1500</td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>									OPEN	40-49	50-59	60-69	70-79	80+	J	Position 1 st	R2500	R300	R300	R300	R300	R300	R300	Position 2 nd	R2000	R200	R200	R200	R200	R200	R200	Position 3 rd	R1500						
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Route: A unique opportunity to enjoy the beautiful grounds of Fancourt while walking or running into the sunset with your family and friends this festive season. Experience the rolling hills of The Links experience and Links courses with a mix of open roads and golf cart paths. Ending with a great social gathering at The Ridge Clubhouse																																							
Welcome: Walkers																																							
Enquiries: Claudia Richard 0828022610 claudiar@fancourt.co.za																																							

RACE TIMING: Timing will be done by Bouttime.

[ASWD STANDARD ENTRY FORM]

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 / 70-79/80+/WALK											
Race		Entry Fee			Temp Lic Fee			TOTAL			
10km		R100			R50.00						

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:.....