

This race is subject to the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials, marshalls 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.

Minimum age 20 for 21.1km Minimum age 14 for 10km. Minimum age 9 for 4km. Cut-off time for 21km: 3 hours 10km: 2 hours

Temporary licences will be available to athletes who are not members of a club at a cost of R35.00

Club Colours: Athletes must participate in their correct club colours and display the ASA 2020 license numbers on the front and back of the vest. All other runners must display temporary number on front of vest. No advertising allowed.

Distance markers will be placed at every kilometer, 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.

Athletes must give proof of their age at the request of the race referee. (Original ID/Birth certificate/Permanent residence permit)

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])

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.

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)

Athletes must keep to the right hand side of the road in single file, unless instructed differently by marshalls and Traffic Officers.

First Aid is available at start and finish.

ASWD Licensed athletes take note: Forget your chip-you will have to pay R20 to loan one for the race. Lost chip-you will have to pay R75 for a replacement chip.

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Prize Money: ALL NON-ONLINE ENTRIES WILL ATTRACT A R20.00 TO ADVERTISED RATES

10km		V	M	G/M	GG/M	GGG/M	J	W	
Pos	Open	40 - 49	50 - 59	60 - 69	70 - 79	80+	14 - 19	Walk	Hartenbos Drawers
1	R 500	R 200	R 200	R 200	R 200	R 200	R 200	R 200	R 200
2	R 400								
3	R 300								

21.1km		V	M	G/M	GG/M	
Pos	Open	40 - 49	50 - 59	60 - 69	70 - 79	Hartenbos Drawers
1	R1000	R 300	R 300	R 300	R 300	R 300
2	R 750					
3	R 500					

RACE TIMING:

An IPICO timing chip will be made available, on a loan basis to all participants apart from ASWD licensed athletes who are using their current personalised chip. 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 the loss or damaged chips or those not handed back as required. It remains your responsibility to return the chip to the race organizers even in the event of not completing the race.

NO TIMING CHIP, NO RESULT

Tel: (044) 620 2300 Faks: (044) 620 2295

Venue: De Dekke Spar R102 Groot Brak Rivier
www.hartenbosdrawers.co.za

1 FEBRUARY 2020

21.1km Run - 05h30 | 10km Run/Walk - 06h30 | 4km Fun Run - 06h45

Brought to you by:

Held under the rules of ASWD, ASA and IAAF

Entries at start:

Medals:

Prize Giving:

Accommodation:

Route:

Online Entries:

31 January 2020(Friday) 16h00 -19h00 De Dekke Spar
 Race day entries - 04h00 - 05h00 De Dekke Spar
 Fun Run Entries on Race Day at De Dekke Spar Groot Brak Rivier
ALL NON-ONLINE ENTRIES WILL ATTRACT A R20.00 TO ADVERTISED RATES
 21km: **GOLD** to the first 10 men & women
 SILVER to the next 40 runners
 BRONZE to the next 200 runners (Balance will be posted)
 10km: **GOLD** to the first 5 men & women
 SILVER to the next 25 runners
 BRONZE to the next 250 runners (Balance will be posted)
 4km: Colour Glazed medals to the first 120 finishers

4km: 09h00 at the finish line
 10km: 09h00 at the finish line
 21km: 09h00 at the finish line
 Athletes are responsible to collect their own prize money or
 make an alternative **written** arrangement with the Event
 Organizers

www.visitmosselbay.co.za
www.ilitalodge.co.za
www.botlierskop.co.za

Scenic Coastal Route with slight hills, on tarr.
 Cut-off times: 21km - 3hours / 10km - 2hours

www.aswd.co.za or www.entrytickets.net
 Online entries close 28 January 2020 @ 20h00
**FIRST 50 ONLINE ENTRIES FOR THE 21.1KM WILL
 RECEIVE A "GOODY BAG"**

Race	Entry Fee	Temp Licence Fee	Min Age
Fun Run 4km	R 30.00	None	9 Years
10km	R 65.00	R 35.00	14 Years
21.1km	R 80.00	R 35.00	16 Years

For more information contact:

Johan - 082 940 8830
 Gida - 084 514 2161

Tel: (044) 620 2300 Fax: (044) 620 2295

Designed by: Internet CEO - 072 595 2731

Entry Fees:

- 10km Licenced Athletes - R65.00
- 21.1km Licenced Athletes - R80.00
- Temp Licence - R35.00
- 4km Athletes - R30.00 (No licence required)

Tick appropriate box

ADMIN USE ONLY

Chip number

Temp number

Surname:		First Name:	
ID / BC / PP / DL No:	Date of Birth:	Age:	
Emergency Tel Number:		Cell Number:	
Address:			
Club Name:		2020 Licence No:	
E-mail:		Province:	

4km 10km 21km Run Walk Male Female

Age Category

9-19 Open 40-49 50-59 60-69 70-79 80+

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 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.

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:.....

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