

## 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 2025/2026 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.			
<b>Cut-off time:</b> 10km = 2 hrs / 30km = 4 hrs			
<b>Distance markers:</b> Will be placed at every kilometre.			
<b>Foreigners:</b> 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.			
<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 stay on the right hand side of the road at all times, 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</u> 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			
<b>Race</b>	<b>Entry Fee</b>	<b>Temp Lic Fee</b>	<b>Minimum Age</b>
10km	R100.00	R50.00	14 years
30km	R120.00	R50.00	19 years

**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.



CapeMultisportEden

INVITES YOU TO THE

# TWO LAGOONS

ROAD RACE  
WILDERNESS

**31 JANUARY 2026**

**30 KM** 6:30 AM  
**10 KM** 6:45 AM

**VENUE:**

**LIBERTAS GUEST FARM  
(THE DAIRY), HOEKWIL**

**DIRECTIONS: 10km past Hoekwil  
on 7 Passes Road towards Karatara  
[www.libertasguestfarm.co.za](http://www.libertasguestfarm.co.za)**

**30% SURFACED ROADS.  
70% GRAVEL ROADS.  
NOT A TRAIL RUN**

**FOR MORE INFO CONTACT: HELENA 076 593 9636**

## ENTRIES

- ONLINE: [WWW.ASWD.CO.ZA](http://WWW.ASWD.CO.ZA)
- TOP GEAR SPORT, GEORGE
- RACE DAY: FROM 5:30 - 6:15 @ LIBERTAS GUEST FARM



The event is held under the rules of ASA & ASWD.  
Timed by IPICO timing chip. **NO CHIP - NO TIME!**



# INFORMATION

## Pre entries:

1. Enter online at [www.aswd.co.za](http://www.aswd.co.za). **(R10 added to online fee)**
2. Pre-entries can be completed at Top Gear
3. Closing date for online entries Wed, 28 January 2026 12h00
4. Closing date for manual entries Thursday, 29 January 2026 17h00

**Registration and late entries:** Libertas Guest Farm, Hoekwil – 05:30 – 06:15 **Race day entries will attract a R20 premium to advertised rates**

**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:** Libertas Guest Farm – 6:30 (30km) – 6:45 (10km)

**Finish:** Libertas Guest Farm

**Ablution:** Portable toilets

**First Aid:** First Care Medics

**Hand-outs:** Lucky Prizes

**Medals: Gold, Silver and Bronze** handed at the prize giving for the first 3 finishers for male and female in the 10km and 30km races/winner race walkers. Bronze medals to all finishers within the cut-off time

**Prize giving:** Finish area at 10:30. 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 (equal for male and female):

10km	OPEN	40-49	50-59	60-69	70+	80+	JUN.	WALK
1st	350	150	150	150	150	150	150	150
2nd	250							
3rd	200							
30km	OPEN	40-49	50-59	60-69	70+	80+	JUN.	WALK
1st	600	200	200	200	200	200	200	200
2nd	400							
3rd	300							

**Route:** Start at Libertas Guest Farm on the Seven Passes road. Scenic route through Swartvlei Equestrian Farm, up the infamous Rondevlei hill back to the farm. Lots of gravel but not trail.

**Enquiries:** Helena – 076 593 9636

# 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		R100.00		R50.00			
30km		R120.00		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:.....