



TORTOISE

27TH RACE



powered
by

Are YOU tuff enough?



**10km run/walk, 21.1km run/walk,
30km run plus a 3km fun-run/walk**

From 6:30am Sat 21 March from Sedgefield Primary School

PLEASE NOTE START TIMES ON PAGE 3

Online entries available from: www.aswd.co.za (Add R10 when here) also at entryninja.com.

NO LATE ENTRIES ACCEPTED AT ALL. Entries close on the 9th of March 2026, close of business.

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



HELD UNDER THE AUSPICES OF ASWD, ASA & WA

**Enquiries: raceconvenor@sedgefieldstriders.co.za /
chairman@sedgefieldstriders.co.za**

Race Rules www.sedgefieldstriders.co.za

All road races held subject to the rules of ASA and Athletics SWD. 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 organiser reserves the right to accept / reject any entry received.

1) **CLUB COLOURS:** Athletes must participate in correct club colours and display ASA 2026 licence numbers on the front and back of vests. All other athletes must display temporary licence numbers on the front of the vest. No advertising allowed.

2) **CUT-OFF TIMES:** 3km = 1hr; 10km = 2hrs; 21.1km = 3½hrs, 30km 4 ½ hrs

3) **DISTANCE MARKERS:** Placed at every kilometre for road runs.

4) **RUNNERS FROM OUTSIDE SA:** 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.

5) **MINIMUM AGE TO COMPETE:** Fun Run = 9 years, 10km = 14 years; 21.1km and 30km = 19 years. Athletes must give proof of age at the request of the Race Referee. (SA ID/Passport/Drivers License/Refugee Permit/Birth Cert)

6) **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

7) **REFRESHMENT TABLES:** Drinking stations shall be provided at intervals of minimum 2.5km (minimum) to 3.5km (maximum) intervals or more frequently if weather conditions warrant such provision. Water and other suitable refreshments will be available at the start / finish of all races.

8) **ROAD:** Athletes must stay on the right hand side of the road unless instructed differently by the marshals and traffic officers.

9) **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.

10) **SECONDING:** No seconding from cyclists or private vehicles allowed. Personal seconding, stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 34.8.2)

11) **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).

General Information

1) RACE TIMING:

An IPICO timing chip will be provided on a loan basis to all participants, except for ASWD licensed athletes, who should use their current personalised chips. The timing chip must be worn on your shoe throughout the event.

- Loan chips must be returned after the race in exchange for a medal.
- Participants are responsible for any lost or damaged chips or those not returned as required.
- It is your obligation to return the chip to the race organiser, even if you do not finish the race.
- ASWD-licensed athletes, please note: if you forget your chip, you will need to pay R20 to borrow one for the race. A replacement chip will cost R75 if lost.

2) PRE-ENTRIES:

- **Please note: Entries close on Monday, 9 March 2026 at 17:00.**
- No late entries will be accepted after the deadline, and no upgrades or downgrades will be allowed.
- There will be no registration the day before or on race day.
- Online entries: Visit [www.aswd.co.za](<http://www.aswd.co.za>) and [www.entryninja.com](<http://www.entryninja.com>).
- EFT entries: Sedgefield Striders, ABSA Bank Acc No. 907 5103 723 (Email proof of payment and entry form to raceconvenor@sedgefieldstriders.co.za).
- Forms can be obtained from Top Gear (Meade Str, George), the ASWD offices, or the ASWD website (<http://www.aswd.co.za>).

3) REGISTRATION:

- Date: Friday, 20 March 2026
- Location: Sedgefield Primary School, corner of Piet my Vrou and Parakiet Streets
- Time: 17:00 - 19:00
- You can also register on Saturday, 21 March, from 05:30 at the same venue.

4) RACE START:

Location: Sedgefield Primary School: 30km run: 06:30; 21.1km run/walk: 06:45; 10km run/walk: 07:00; Fun Run (3km): 07:30

5) PRIZE GIVING: Time: 11:15 for the 10km, 21.1km, and 30km events. Location: Sedgefield Primary School

Athletes are responsible for collecting their own prize money or making alternative arrangements with the Event Organiser; otherwise, the prize money will be forfeited (ASA Rule 2.10).

6) ROUTE: The road race course will take place in and around Sedgefield.

7) FINISH: At Sedgefield Primary School.

8) MEDALS: All participants who complete an event within the designated time will receive a medal.

9) FABULOUS LUCKY DIP PRIZES: Lucky dip prizes will be awarded during the prize giving, exclusively for athletes present at the draw.

10) REFRESHMENTS: Will be available to buy at the Start/Finish

11) FIRST AID: A qualified first aider will be present, with doctors on standby.

12) ABLUTIONS: Toilets will be available at the start and finish areas.

Prize Categories

30km	RUNNERS ONLY: OPEN: 1st R1 300; 2nd R850; and 3rd R500 Other age categories: R200 prize for 1 st place in Junior, 40-49, 50-59, 60-69, 70+, 80+
21.1km	RUNNERS & WALKERS: OPEN: 1st R700; 2nd R500; and 3rd R300 Other age categories (Runners only): R200 prize for 1 st place in Junior, 40-49, 50-59, 60-69, 70+, 80+
10km	RUNNERS & WALKERS: OPEN: 1st R500; 2nd R300; and 3rd R250 Other age categories (Runners only): R200 prize for 1 st place in Junior, 40-49, 50-59, 60-69, 70+, 80+

Enquiries: raceconvenor@sedgefieldstriders.co.za / chairman@sedgefieldstriders.co.za

ENTRY FORM

CHIP NO*

TEMP NO*

***ADMIN
USE**

SURNAME										
FIRST NAME										
PROVINCE						LIC No 2026				
DATE OF BIRTH	D	D	M	M	YYYY			AGE		
MALE						RUNNER				
FEMALE						WALKER				
CLUB										
ADDRESS										
CELL NUMBER										
ID / BC / PP / DL No.										
EMAIL ADDRESS										
EMERGENCY CONTACT										

PARTICIPATION AGE CATEGORY: (Please mark with an X)

JUNIOR	OPEN	40 - 49	50 - 59	60 - 69	70 - 79	80+	RUN	WALK	
Race	Entry Fee	Temp. Lic Fee	SUBTOTAL						
3KM FUN RUN	R 20.00	NONE							
10KM RUN/WALK	R100.00	R50							
21.1KM RUN/WALK	R120.00	R50							
30KM RUN	R130.00	R50							
TOTAL									

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:.....