

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 2026 license numbers on the front and back of the vest, **all** other runners must display temporary number on front of vest. No advertising allowed.

Cut-off time: 10 km = Runners: 1½ hrs Walkers: 2hrs

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/Driver's License/Refugee Permit/Birth Cert since 1994)

Refreshment Tables: Drinking stations shall be provided at 3km mark and finish.

Road: Athletes must always stay on the right-hand side of the road, 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 point. (ASA Rule 34.8.2)

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)**)

Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R 45.00	None	All welcome
10km	R 100.00	R50.00	14 years

GREATBRAK WEDLOOP/RACE

10KM / FUN RUN

PRESENTED BY MOSSEL BAY HARRIERS



18 APRIL 2026

07H00

LAERSKOOL/PRIMARY SCHOOL

VORENTOE

SPORTGRONDE/SPORTGROUNDS

10km: R 100.00

5km: R 45.00

HELD UNDER THE RULES OF ASWD and ASA



ASWD



This event is timed by electronic system but not IPICO timing. No chip needed.

INFORMATION

Pre-Entries: Send completed entry form with proof of payment to harriersmbay@gmail.com

Dates for submission: 02nd March 2026 till 14th April 2026, 18H00.

ABSA Bank Branch: 632005 Current Acc Nr: 2070140902

No late entries for 10km on race day!

Only entries for Fun Run on race day.

ASWD Licensed athlete take note: Timing will be done by electronic system but not IPICO system; no chip needed.

Non-Licensed athletes can collect their temporary numbers on 18 April 2026 at Sport field from 05H30 – 06H30.

Start: 07h00 in Longstreet, in front of supermarket close to Vorentoe Primary School Sports Field.

Finish: Vorentoe Primary School, Great Brak River, Sports field

Abution: On the Vorentoe Primary School sports field

First Aid: On route and at finish

Medals: To the first 250 finishers who complete the race within the cut-off time. 10km: **Gold** = Category winners **Silver:** 30 **Bronze** = following first 220 finishers within cut off time. **FUN RUN:** All finishers

Prize giving: 09H00 or as soon as last athlete finish at the Vorentoe Primary School Sports Field. **Athletes are responsible to collect their own prize money or prize money is forfeited.** (ASA Rule 2.10)

Prize Money: Equal **prize money** for male and female athletes.

[Prize money for disabled athletes will only be awarded if there are three athletes racing in the same specification category.]

	10km	Open	Junior	40 – 49	50 – 59	60 – 69	70+	80+	Walker
1 st	R 350	R 150	R 150	R 150	R 150	R 150	R 150	R 150	R 150
2 nd	R250								
3 rd	R150								

Route: Flat and fast circle route around the river pond

Welcome: Walker's welcome

Enquiries: Paulus Allart 0734125440 **OR** Jacob Karelse 0633172136

Email address: harriersmbay@gmail.com Randall Lewis 0611622628

RACE TIMING: Electronic system; results will be available at finish.

ENTRY FORM

ADMIN USE
CHIP NO
TEMP NO

SURNAME							
FIRST NAME							
PROVINCE				LIC NO 2026			
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+ / 80+							
Fun Run	R 45.00			None			
10km	R 100.00			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: 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.....