

# 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 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.

**Cut-off time:** 10km = 1 ½ hrs and 21.1km = 3 hrs

**Distance markers:** Will be placed at every kilometre.

**Foreigners:** 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.

**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)

**Refreshment Tables:** Drinking / Sponging stations will be provided at 3km intervals, or more frequently if weather conditions warrant such provision. Water and other refreshments will be available at the start and finish.

**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 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
10km	R55.00	R35.00	14 years
21.1km	R65.00	R35.00	16 years

**ENTRY FEES EXCLUDE ALL ON-LINE FEES.**

# VOLSTRUISWEDLOOP

21, 1 Km / 10 Km

Presented by

**Oudtshoorn Amateur Atletiekklub**

Sponsored by:



**28 MARCH 2020 @ 07H00**

**Start and finish at Laerskool  
Wesbank, Park Rd, Oudtshoorn**

**HELD UNDER THE RULES OF ASWD, ASA and IAAF**



**This event is timed by IPICO timing chip. NO CHIP NO TIME**

# INFORMATION

<p><b>Registration and late entries:</b> Friday 27 March 2020 from 17:00 to 20:00 <b>Late Entries</b> will attract a R20 premium to advertised rates <b>ONLY REGISTRATION NO LATE ENTRIES</b> on Saturday 28 March 2020 from 05:45 to 07:00 Laerskool Wesbank, Park Road, Oudtshoorn.</p>																																																								
<p><b>Pre-Entries:</b> <u>Online entries</u> @ <a href="http://www.aswd.co.za">www.aswd.co.za</a>, closing date 25 March 2020 at 12H00.</p>																																																								
<p><b>ASWD Licensed athlete take note:</b> 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.</p>																																																								
<p><b>Start &amp; Finish:</b> Laerskool Wesbank, Park Road, Odn at 07:00</p>																																																								
<p><b>Abution:</b> Toilets available at venue, no showers</p>																																																								
<p><b>First Aid:</b> Available at start/finish</p>																																																								
<p><b>Hand-outs:</b> Lucky draw prizes</p>																																																								
<p><b>Medals:</b> Medals to all finishers who complete the race within the cut-off time.</p>																																																								
<p><b>Prize giving:</b> Laerskool Wesbank @ 10:15. Athletes are responsible to collect their own prize money or make a written arrangement with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.10)</p>																																																								
<p><b>Prize Money: Prizes will be awarded to all category winners, equal prize money to male and female athletes.</b></p> <table border="1"> <thead> <tr> <th>21.1KM</th> <th>OPEN</th> <th>40 – 49</th> <th>50 – 59</th> <th>60 – 69</th> <th>70+ JUNIORS</th> <th>Walkers</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>R500</td> <td>R150</td> <td>R150</td> <td>R150</td> <td>R150</td> <td>R150</td> </tr> <tr> <td>2</td> <td>R300</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> <tr> <td>3</td> <td>R200</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> <tr> <th>10KM</th> <th>OPEN</th> <th>40 – 49</th> <th>50 – 59</th> <th>60 – 69</th> <th>70+ JUNIORS</th> <th>Walkers</th> </tr> <tr> <td>1</td> <td>R250</td> <td>R100</td> <td>R100</td> <td>R100</td> <td>R100</td> <td>R100</td> </tr> <tr> <td>2</td> <td>R150</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> <tr> <td>3</td> <td>R100</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table>	21.1KM	OPEN	40 – 49	50 – 59	60 – 69	70+ JUNIORS	Walkers	1	R500	R150	R150	R150	R150	R150	2	R300	-	-	-	-	-	3	R200	-	-	-	-	-	10KM	OPEN	40 – 49	50 – 59	60 – 69	70+ JUNIORS	Walkers	1	R250	R100	R100	R100	R100	R100	2	R150	-	-	-	-	-	3	R100	-	-	-	-	-
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<p><b>Route:</b> The course is fast and flat and should lead to fast times.</p>																																																								
<p><b>Welcome:</b> Walkers</p>																																																								
<p><b>Enquiries:</b> David McKinnon 0823748632, Email: kelmck@mweb.co.za, fax 044-2793186, PO Box 1239, Odn, 6620</p>																																																								

**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.

# ENTRY FORM

<b>ADMIN USE</b>
<b>CHIP NO</b>
<b>TEMP NO</b>

<b>SURNAME</b>													
<b>FIRST NAME</b>													
<b>PROVINCE</b>					<b>LIC NO 2020</b>								
<b>DATE OF BIRTH</b>	D	d	m	M	yyyy				<b>AGE</b>				
<b>MALE</b>					<b>RUNNER</b>								
<b>FEMALE</b>					<b>WALKER</b>								
<b>Demographics</b>	Black		Coloured					Indian				White	
<b>CLUB</b>													
<b>ADDRESS</b>													
<b>CELLPHONE NR</b>													
<b>ID / BC / PP / DL No.</b>													
<b>EMAIL ADDRESS</b>													
<b>EMERGENCY Contact / Cell</b>													
<b>PARTICIPATION AGE CATEGORY:</b>	JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70+												
<b>Race</b>	<b>Entry Fee</b>		<b>Temp Lic Fee</b>			<b>TOTAL</b>							
10km	R55.00		R35.00										
21.1km	R65.00		R35.00										

**Internet transfer to Standard Bank, branch code: 050514, Acc no: 082789444**

**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 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:.....