

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: 10km = 1 ½ hrs OR 15km = 2 ½ hrs OR 21.1km = 3 hrs OR 42.2km = 5 hrs **[Guideline only]**

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/Drivers License/Refugee Permit/Birth Cert since 1994)

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)**

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.

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
Fun Run	R40.00	None	5 years
10km	R100.00	R50.00	14 years



RAINBOW ATHLETICS CLUB



SATURDAY @08:00

27 JUNE 2026

COURTNEY STREET, GEORGE



ASWD 10km CHAMPIONSHIP



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

Held under the rules of ASA and ASWD

INFORMATION

Online Entries @ www.aswd.co.za

Close: Wednesday 24 June @23H30 **(Additional R15 to Online Fees) NO REFUNDS!!**

Drop of Entries at Top Gear & Palm Tyres close Wednesday 25 June @17h00

Registration and Late Entries:

Friday 26 June between 17h00 – 19h00 @Palm Tyres In front of Astron.

Late Entries will attract a R20 premium to advertised rates.

NO LATE ENTRIES ON RACE DAY FOR 10KM

Fun Run/ Colour Run entries on day of Race.

R1000 CASH TO THE SCHOOL WITH THE MOST 4KM ENTRIES

(NB: MUST BE MORE THEN 20 ENTRIES TO QUALIFY)

NO ENTRIES ON RACE DAY ONLY COLLECTION OF TEMP LICENCE NUMBERS AND TAGS

Transport: Own / Private

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 10km: Palm Tyres @ 08h00

5km: @08h10

Finish: Palm Tyres

Ablution: Palm Tyres

First Aid: Available

Hand-outs: Lucky Draws

Medals: Medals to the first 500 who complete the race within the cut-off time.

Medals to the first 150 on the FunRun

Prize giving: Palm Tyres @09h45. 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: 10km Race. 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.**

	OPEN	40-49	50-59	60-69	70-79	80+	J	W
Position	500	200	200	200	200	200	200	200
Position	300	100	100	100	100	100	100	100
Position	200							

Route: Map Available at Registration

Welcome: Walkers

Enquiries: Sidwell October 0719955346

ENTRY FORM

	ADMIN USE
	CHIP NO
	TEMP NO

SURNAME					
FIRST NAME					
PROVINCE				LIC NO 26	
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	Late Fee	TOTAL	
4km Fun Run	R40.00	None	None		
10km	R100.00	R50.00	R20.00		

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:.....