RULES

No need to wear club clothing | Immediate disqualification if a runner tampers with the route markings | Immediate disqualification if a runner is caught littering | Immediate disqualification if a runner is caught damaging the route or the vegetation | Limited number of water points and all runners are recommended to be self sufficient | We will provide two water stations on the route | Minimum age for 11km is 14 years / Start cute is 06h45

GENERAL

START : HEROLD WINES – HEROLD WINE ESTATE
CUT OFF – 4 Hours – 20km and 2hours 30 min 11km
Ablution Facilities at Herold Wines | First Aid is available at the start and Finish Area | Food and Refreshments are for sale at the Herold Wines

ENTRIES AND REGISTRATION

Entries by hand – Top Gear Sport Meade Street George | Pre entries as well as late entries accepted | Pre entries close Wednesday 15 January 2020 – 17h00 | Late Entries will be accepted on the event day but an additional cost of R 20 per person will apply for the 20km and 11km events

PRIZE GIVING AND MEDALS

Medals will be awarded to all participants who complete the route with the required cut-off times | PRIZE GIVING WILL BE AT HEROLD WINE ESTATE – 11H00 | Athletes are responsible to collect their own Prize Money or make written arrangement with the Event Organizers | Awesome Lucky Draw Prizes and Lots More

ENQUIRIES – DEON DE JAGER at Cell: 083 453 4781 or JOHANN DU PREEZ at Cell: 084 501 0168

TOLHUIS CHARITY RUN: RACE THE MONTAGU PASS

20km, 11km RUN/WALK
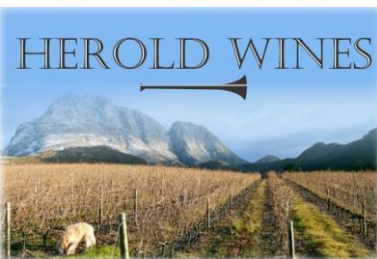**4km Fun RUN/WALK**
Presented by"

come out and run

Saturday 18 January 2020
07h00 – 20km
07h10 – 11km
07h15 – 4km run/walk
Herold Wines

ENTRY FORM: 20KM, 11KM AND 4KM
ENTRY FEE:
4KM FUNRUN/WALK: R 30
11KM MOUNTAIN RUN: R 75 Licensed | R 110 Unlicensed
20KM MOUNTAIN RUN: R 120 Licensed | R 155 Unlicensed
Add R 20 Late Entry Fee on the day entry

FIRST NAME AND SURNAME: _____

ID NUMBER:_____

CLUB:_____**2019 LICENSE NO:**_____

CELL NUMBER:_____**EMAIL:**_____

WALK:_____**RUN:**_____**AGE:**_____

20KM MOUNTAIN RUN ☐   **MALE** ☐

11KM MOUNTAIN RUN ☐   **FEMALE** ☐

4KM FUNRUN/WALK ☐

WHEN YOUR LEGS GET TIRED, RUN WITH YOUR HEART
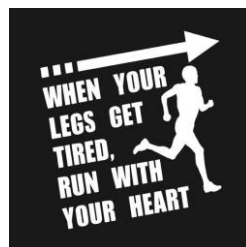
INDEMNITY / DISCLAIMER

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 physical nature of this sporting event. 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.

NAME PRINT AND SIGNATURE

PRIZE MONEY

PRIZE MONEY 20KM: MEN AND WOMAN
1st Place – R750
2nd Place- R500
3rd Place-R300

PRIZE MONEY 11KM: MEN AND WOMAN
1st Place – R300
2nd Place – R200
3rd Place – R150

SPECIAL STRAVA SEGMENT PRIZES:

Two Strava Segment Prizes will be awarded for both King of the Mountain and Queen of the Mountain Segments. All race information to be uploaded to Strava by 11am on the event day to be eligible for this category. The winners will be announced at the prize giving. The KOMs will be discussed at the race brief and clearly marked on the route (Only on 20km Run)

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 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.

THE TOLHUIS CHARITY RUN: RACE THE MONTAGU PASS BROUGHT TO YOU BY: