



TotalEnergies



HARTENBOS DRAWWERS

MOORDKUIL 15km

20 December 2025

TotalEnergies Greatbrak

24 Hour open (044 620 3711)



ONLINE ENTRIES

Fun Run - R55 (no Licence required)

Cost : 15km - R120 (ASA Licensed Athlete)

15km - R170 (Unlicensed Athlete)

Where : www.aswd.co.za

Date : Opening untill 15 December 2025 at 12h00

MANUAL ENTRIES

Fun Run - R45 (no ASA Licence required)

Cost : 15km - R110 (ASA Licensed Athlete)

15km - R160 (Unlicensed Athlete)

Where : Hartenbos Drawwers Clubhouse, Diaz Beach or per email.

Date : Opening untill 15 December 2025 at 12h00

LATE ENTRIES

Fun Run - R45 (no ASA Licence required)

Cost : 15km - R130 (ASA Licensed Athlete)

15km - R180 (Unlicensed Athlete)

Where : TotalEnergies Greatbrak

Date : 19 December 2025 from 16h00 untill 18h00

NO ENTRIES ON RACE DAY



GENERAL INFORMATION

TIME LIMIT : 15km - 2 hours 30

STARTING TIME : 15km - 07h00

START & FINISH : NG Church in Friemersheim

ROUTE : Difficult Circular Gravel Route with a very steep downhill into the valley and out again.

MEDALS : First 600 Finishers who complete the race in the cut-off time

PRIZE GIVING : 15 Minutes after the last athlete completed the 15km race within the cut-

TIME LIMIT : Fun Run - 1 hour

STARTING TIME : Fun Run - 07h15

Ferdie 083 294 2640

ferdie@mweb.co.za

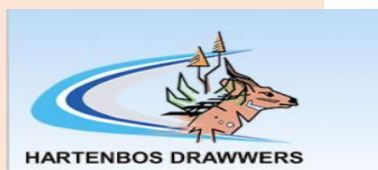
Petro 079 188 9579

hartenbosdrawwers1@gmail.com

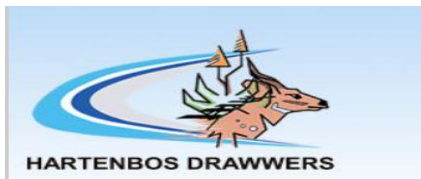
The Race is held under the rules of ASA and



ASWD



IOORDKUIL 15km - 20 December 2025



INFORMATION

ENTRY FORMS

- 1 Entry forms will be available at the following venues :
- 1 - ASWD Offices in George
 - 2 - Hartenbos Drawwers Clubhouse, Diaz Beach

Where to enter for the event

- 2
- ONLINE ENTRIES : Closing on 15 December 2025 @ www.aswd.co.za
- MANUAL ENTRIES : Closing on 15 December 2025 @ 12h00 - ASWD Offices in George
- Hartenbos Drawwers Clubhouse, Diaz Beach
- LATE ENTRIES : 19 December 2025 at TotalEnergies in Greatbrak from 16h00 until 18h00

Payment for manual entry

- 3
- Hartenbos Drawwers
Standard Bank (Savings Account)
Account Number 385414803
- Entry form and proof of payment must be mailed to :
- NO CASH to be deposited**
Branch code: 051001
Reference: Name and Surname
hartenbosdrawwers1@gmail.com

Collection of Temporary Licence Numbers

- 4
- 19 December 2025 at TotalEnergies in Greatbrak from 16h00 until 18h00
On Race Day (20 December 2025) between 6h00 & 6h45 At the Venue (NG Church in Friemersheim)
- NO ENTRIES ON RACE DAY**

GENERAL INFORMATION

- 5
- TIME LIMIT : 15km - 2h30 TIME LIMIT : Fun Run - 1 hour
STARTING TIME : 15km - 07h00 STARTING TIME : Fun Run - 07h15
START & FINISH : NG Church in Friemersheim
MEDALS : First 600 finishers who complete the race within the cut-off
PRIZE GIVING : 15 Minutes after last athlete completed the 15km within the cut-off time.

- 6 Refreshment stations will be placed at the 3km, 6km, 9km, 12km and at the finish line.

Prize Money for 15km

- 7
- | PLACE | Men/Women | Men/Women | Men/Women | Men/Women | Men/Women | Men/Women | Men/Women | Men/Women |
|-------|-----------|-------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
| | OPEN | JUNIOR | 40 - 49 | 50 - 59 | 60 - 69 | 70 - 79 | 80+ | HARTENBOS |
| 1 | R500 | R150 | R150 | R150 | R150 | R150 | R150 | R150 |
| 2 | R400 | No Walkers Prize Money | | | | | | |
| 3 | R300 | | | | | | | |

Contact Persons

- 8
- Ferdie 083 294 2640 ferdie@mweb.co.za Petro 079 188 9579 hartenbosdrawwers1@gmail.com

RULES AND REGULATIONS

1	Age	<i>Minimum age on race day is 14 years for the 15km</i> <i>The minimum age for the fun run is 7 years, however entrants younger than 7 years can participate in the fun run if accompanied by a guardian who is 16 years or older.</i>
2	Seconding	No seconding from cyclists or private vehicles allowed. Personal seconding, stand and hand rule will only be permitted within the designated area at water points. (ASA Rule 34.8.2).
3	Safety	All distances – No head/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.
4	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 is displayed, visible and placed above licence 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)
5	Prize Giving	Prize giving will be held at the venue 15 minutes after the last athlete complete the race within the cut-off time.
6	Proof of age	Athletes must provide proof of age at the request of the Race Referee. (SA ID/Passport/Driver's licence/Refugee Permit/Birth Certificate)
7	Rules used	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, marshalls 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
8	Entries	Online entries can be done at www.aswd.co.za & entry forms will be at ASWD office and at all clubs. Late entries on 19 December 2025 at Greatbrak TotalEnergies form 16h00 untill 18h00 NO ENTRIES ON RACE DAY

