



TotalEnergies Greatbrak

24 Hour open (044 620 3711)





MOORDKUIL 15km

20 December 2025

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

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

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.

ate : Opening untill 15 December 2025 at 12h00

NO ENTRIES ON RACE DAY





GENERAL INFORMATION

TIME LIMIT: 15km - 2 hours 30 TIME LIMIT: Fun Run - 1 hour STARTING TIME: Fun Run - 07h15

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-

ferdie@mweb.co.za Petro 079 188 9579 hartenbosdrawwers1@gmail.com

The Race is neid under the rules of ASA and ASWD



083 294 2640

Ferdie







IOORDKUIL 15km - 20 December 2025



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INFORMATION

ENTRY FORMS

Entry forms will be available at the following venues:

2 - Hartenbos Drawwers Clubhouse, Diaz Beach

Hartenbos Drawwers Clubhouse, Diaz Beach

Where to enter for the event

ONLINE ENTRIES : Closing on 15 December 2025 @ www.aswd.co.za

MANUAL ENTRIES : Closing on 15 December 2025 @ 12h00 - ASWD Offices in George

LATE ENTRIES : 19 December 2025 at TotalEnergies in Greatbrak from 16h00 untill 18h00

Payment for manual entry

Hartenbos Drawwers

Standard Bank (Savings Account)

Account Number 385414803

NO CASH to be deposited

Branch code: 051001

Reference: Name and Surname

Entry form and proof of payment must be mailed to : hartenbosdrawwers1@gmail.com

Collection of Temporary Licence Numbers

19 December 2025 at TotalEnergies in Greatbrak from 16h00 untill 18h00
On Race Day (20 December 2025) between 6h00 & 6h45 At the Venue (NG Church in Friemersheim)

NO ENTRIES ON RACE DAY

GENERAL INFORMATION

TIME LIMIT : 15km - 2h30 TIME LIMIT : Fun Run - 1 hour STARTING TIME : 15km - 07h00 STARTING TIME : Fun Run - 07h15

5 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.

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

Prize Money for 15km Men/Women Men/Women Men/Women Men/Women Men/Women Men/Women Men/Women Men/Women **PLACE OPEN** JUNIOR 40 – 49 50 - 59 70 - 79 **HARTENBOS** 60 - 69+08 **R500** R150 R150 R150 R150 R150 R150 R150

2 R400 3 R300 No Walkers Prize Money

8 Contact Persons

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

RULES AND REGULATIONS							
1	Age	Minimum age on race day is 14 years for the 15km Age The minimum age for the fun run is 7 years, however entrants younger than 7 years can participate in the fun is accompanied by a guardian who is 16 years or older.					
2	Seconding	Seconding No seconding from cyclists or private vehicles allowed. Personal seconding, stand and hand rule will onl permitted within the designated area at water points. (ASA Rule 34.8.2).					
3	Safety	Safety All distances – No head/earphones (ASA Rule 34.10.6), animals (ASA Rule 34.10.1), racers (ASA Rule 34.10.4) 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					



HARTENBOS







MOORDKUIL 15km & Fun

ENTRY FORM Temp Nr Admin Use Chip Nr 1<u>5 km</u> Fun Run **Online Entries** Licensed Athletes 4km Fun Run: Online Entries -R120 **R55** Closing 15 Dec '25 **Unlicensed Athletes** Closing 15 December 2025 R170 Licensed Athletes R110 Manual Entries 4km Fun Run: Manual Entries -R45 Closing 15 Dec '25 Closing 15 December 2025 Unlicensed Athletes R160 Licensed Athletes 4km Fun Run: Late Entries -Late Entries R130 R45 on 19 Dec '25 Unlicensed Athletes On 19 December 2025 R180 Surname **First Name ID Number** Date of Birth D D M M Age Male Female Cell Number **Email Emergency Contact Emergency Contact Contact Number** Club Name 2025 ASA Licence Nr **ASA Province** 4km 15km Run Walk Age Category 40-49 50-59 14-19 Open 60-69 70-79 **80**+ 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 the 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 organisers of the event, all sponsors, persons and organisations 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. Signature Date 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/quardian in case of a minor) SIGNATURE (signed by a parent/legal guardian if the participant is under the age of 18

Date