

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 = 2 hrs.

Distance markers: Will be placed at every km.

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)

Refreshment Tables: Drinking / Sponging stations shall be provided at 3km intervals. 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
5km	R45	Not Applicable	7years
10km	R100 + R15 online	R50-00	14 years
10km	R100 Manual	R50-00	14 years



PetroSA
RUNNING CLUB

PRESENTS:

**Mossel Bay Heiderand 10km Race # NO 3
With 5km Fun Run /Walk**

RACE DATE: 18 July 2026

Starting Time 08:00

**Hosted At: Global Academy School
23 Ysterhout Cres, Heiderand, Mossel Bay, 6511**

Entries:

* **EFT:** FNB =, Branch # 250655 , Acc # 63022607808,
Ref: Name & Surname. Please mail POP to JOHNNY.Dhlamini@petrosa.co.za

* **Printed Forms Available Shell Spar Heiderand Mall: : Please attach POP on the form**

* **Online Entries:** www.aswd.co.za (R15 online fee)

* **On Race Day:** Between 06h30 & 07:30 at start venue (R20 penalty charge)

Held under the rules of ASA
This event is timed by IPICO timing



Contact Person : Johnny Dhlamini : Mobile +27 83 735 6468

Email : johnny.dhlamini@petrosa.co.za

INFORMATION

Pre entries: 1. Enter online at www.aswd.co.za (R15 added to online Fee)

2. Pre-Manual entries can be completed at Shell Spar Heiderand Mall

3. Closing date for online entries Wed, 15 JULY 2026 23h00

4. Closing date for manual entries 15 July 2025 12:00 Midday

Registration and late entries at Heiderand Open Park (Opp Heiderand Mossel Bay Mall:

Registration 06h30 – 7h30 on race day, 18 July 2026. **Late Entries will attract a R20 premium to advertised rates**

Transport: No transport available

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: Heiderand Global Academy School at **08h00**

Finish: Heiderand Global Academy School

First Aid: Mobile between start route and finish **Zuki/Sihle/Aida** (PetroSA Medical Station will allocate on for the race and **ER 24 ON STANDBY**)

Hand-outs: Lucky Prizes

Medals: Gold: handed at the prize giving for the first finishers for male and female and all category winners **Bronze** medals to all 10Km finishers within the cut-off time

Prize giving: [Heiderand Global Academy School](#)

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!

Price Money Only for 10km: Male and Female
Price money the same for Male and female

10km	OPEN	40-49	50-59	60-69	70+	80+	JUN.	WALK
1st	400	250	250	250	250	250	250	N/A
2nd	300							
3rd	200							

Route: Start at seder street to point high via 11th and 12th Avenue to Hofmeyr back to the start via Church and 21th Avenue

Enquiries: Johnny Dhlamini : Mobile +27 83 735 6468

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 personalized 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.

PETROSA RC HEIDERAND 10KM RACE

ADMIN USE
CHIP NO:
TEMP NO:

SURNAME				
FIRST NAME				
PROVINCE			LIC NO 2026	
DATE OF BIRTH	D	d	m	M
	yyy			AGE
MALE			RUNNER	
FEMALE			WALKER (N/A)	
CLUB				
ADDRESS				
CELLPHONE NR				
ID / BC / PP / DL No.				
EMAIL ADDRESS				
EMERGENCY Contact / Cell				
PARTICIPATION AGE CATEGORY: JNR/ OPEN / 40 – 49 / 50 - 59 / 60-69 / 70 - 79 / 80+				
Race	Entry Fee	Temp Lic Fee	TOTAL	
10km	R100			
5km	R45			

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