

NG Church Outeniqualand (Sinksabrug)

20 JUNE 2026



Presented by 32Gi Running Club



START/ FINISH: CHURCH GROUNDS

12km @ 08h00

4km @ 08h10



HELD UNDER THE RULES OF ASWD, ASA and WA

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



INFORMATION

<p>Pre entries: 1. Enter online at www.aswd.co.za (R15 added to online Fee) Closing date for online entries Wed, 17 June 2026 @ 23h30. NO REFUNDS!!</p>																																				
<p>Registration on race day, 20 June from 06h30 to 07h45 Only athletes that need a temporary licence and the out of province athletes needs a timing chip must register on 06 June from 05h30 – 06h45 in the church hall. NO LATE ENTRIES ON RACE DAY FOR 10KM 4km Fun Run entries available on race day</p>																																				
<p>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.</p>																																				
<p>Start: NG Kerk Outeniqualand, Sinksabrug, Charles Street, Great Brak River.</p>																																				
<p>Finish: NG Kerk Outeniqualand, Sinksabrug</p>																																				
<p>Ablution: Available at start and finish)</p>																																				
<p>Medals: Medals to the first 300 who complete the race within the cutoff time. Medals to the first 150 on the Fun Run</p>																																				
<p>Prize giving: Grass area on church grounds at 10h00. 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!</p>																																				
<p>Prize Money: 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.</p> <table><tr><td>10km</td><td>Open</td><td>Junior</td><td>40 – 49</td><td>50 – 59</td><td>60 – 69</td><td>70+</td><td>80+</td><td>Walker</td></tr><tr><td>1st</td><td>R 350</td><td>R100</td><td>R100</td><td>R100</td><td>R100</td><td>R100</td><td>R100</td><td>R100</td></tr><tr><td>2nd</td><td>R 250</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>3rd</td><td>R 150</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>	10km	Open	Junior	40 – 49	50 – 59	60 – 69	70+	80+	Walker	1st	R 350	R100	R100	R100	R100	R100	R100	R100	2nd	R 250								3rd	R 150							
10km	Open	Junior	40 – 49	50 – 59	60 – 69	70+	80+	Walker																												
1st	R 350	R100	R100	R100	R100	R100	R100	R100																												
2nd	R 250																																			
3rd	R 150																																			
<p>Route: Start at the NG Kerk Outeniqualand, Sinksabrug, a circular route on farm roads.</p>																																				
<p>First Aid: Available</p>																																				
<p>Welcome: Walkers</p>																																				
<p>Enquiries: Maryke Sass 082 568 5490</p>																																				

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 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.

Outeniqualand Entry Form

CHIP NO

TEMP NO

SURNAME										
FIRST NAME										
PROVINCE					LIC NO 2026					
DATE OF BIRTH	d	d	m	m	YYYY	AGE				
MALE					RUNNER					
FEMALE					WALKER					
CLUB										
ADDRESS										
CELLPHONE NR										
ID / BC / PR NUMBER										
EMAIL ADDRESS										
EMERGENCY Contact / Cell										
PARTICIPATION AGE CATEGORY:										
JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60 – 69 / 70 – 79/ 80+										
Race	Entry Fee			Temp Lic Fee			TOTAL			
10km	R100.00			R50.00						
4km Fun Run	R40.00			None						

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

RULES AND REGULATIONS

<p>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.</p>			
<p>Club Colours: Athletes must participate in their correct club colours and display the ASA 2026 license numbers on the <u>front and back</u> of the vest, All other runners must display temporary number on front of vest. No advertising allowed.</p>			
<p>Cut-off time: 10km = 2hrs</p>			
<p>Distance markers: Will be placed at every kilometre.</p>			
<p>Foreigners: All foreign athletes must comply with WA rule 142 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day.</p>			
<p>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)</p>			
<p>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.</p>			
<p>Road: Athletes must always stay on the right-hand side of the road, unless instructed differently by the marshals and Traffic Officers.</p>			
<p>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.</p>			
<p>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)</p>			
<p>Age Tags: Participants will be eligible for prizes in the <u>OPEN</u> category and the age category for which they have entered provided the relevant <u>OFFICIAL ASWD</u> age category tags 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 tag/white background) (ASA Rule 22.9)</p>			
Race	Entry Fee	Temp Lic Fee	Minimum Age
10km	R100.00	R50.00	14 years
4km Fun Run	R40.00	None	9 years