

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 2020 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, 21.1km = 3.30 hrs, 42.2km = 5.30hrs			
Distance markers: Will be placed at every kilometre.			
Foreigners: All foreign athletes must comply with IAAF 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.			
Proof of Age: Athletes must give proof of their age at the request of the Race Referee. (SA ID/Passport, Birth Certificate / Refugee Permit or Drivers Licence)			
Refreshment Tables: Drinking stations will 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 will 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 or Traffic Officers.			
Safety Rule (ALL DISTANCES): No Earphones (ASA Rule 34.10.06), Animals (ASA Rule 34.10.1), Racers (ASA Rule 34.10.3) .			
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 <u>OPEN</u> 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 tag / White background (ASA Rule 22.9))			
Race	Entry Fee	Temp Lic Fee	Minimum Age
10km	R65.00	R35.00	14 years
21.1km	R100.00	R35.00	16 years
42.2km	R160.00	R35.00	20 years

All Bus fares included in entry.

OUTENIQUA

Marathon & Half Marathon
42.2km, 21.1km & 10km RUN/WALK

Presented by



Saturday 25 April 2020

07h00 – 42.2km ASWD Championship Race

George Tennis Club – Wilderness Commonage

08h00 – 21.1km

Garden Route Dam – Wilderness Commonage

08h00 – 10km

Wilderness Commonage

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HELD UNDER THE RULES OF ASA AND ASWD



This event is timed by electronic chip. NO CHIP NO TIME

Information

<p>Pre-entries: 1)Enter Online: www.aswd.co.za. 2)Pre-Entries can also be completed at Top Gear Sport/Sportmans Warehouse. 3)Closing date for pre-entries: Tuesday, 21 April 2020. 4)Entries for 10km at Wilderness Commonage only on race day. 10km Late Entrants will pay R20 premium on advertised Fee ONLY.</p>
<p>Registration and late entries: All non SWD runners must register/enter on Friday, 24 April 2020 between 16h00 – 21h00 at the George Tennis Club – Langenhoven Rd. NO Marathon/Half ENTRIES ON RACE DAY.</p>
<p>Transport: Available from Wilderness at the finish (Commonage – Opposite Wilderness Hotel) to the start of the marathon and half marathon. Limited seats available on busses that will leave LATEST 05h30 from The Wilderness Hotel to the George Tennis Club and from there to the Garden Route Dam (start of 21km). Busses will also be available from the finish back to the George Tennis Club after the prize giving at 12h30. Bus fares included in entry fee.</p>
<p>Start: 42km - 07h00 @ Forest Drive (opposite the George Tennis Club) 21km - 08h00 @ Garden Route Dam (PLEASE ALLOW 10MIN WALKING TO STARTLINE) 10km – 08h00 @ Wilderness Commonage (No under 14 year olds)</p>
<p>Finish: Commonage - Opposite Wilderness Hotel (all races)</p>
<p>Ablution: All starting points and finish – No Shower Facilities Limited facilities at the Garden Route Dam!</p>
<p>Hand-outs lucky draws</p>
<p>Medals: Medals to all finishers who complete the race within the cut-off time. Gold to category winners. Silver to first 50 in all races and Bronze</p>
<p>Prize giving: At the finish venue (Wilderness Commonage) at 12h30. Athletes are responsible to collect their own prize money or make an written arrangement with the Event Organizer. Failing which the prize money will be forfeited. (ASA Rule 2.10)</p>
<p>Permanent numbers: Should you qualify for a permanent number you must provide the organizing club of sufficient details which will be verified.</p>

Prize Money:			
Category	42km	21.1km	10km
Open (1)	R750	R500	R300
(2)	R500	R300	R200
(3)	R300	R200	R150
(4)	R100		
40 – 49 (1)	R200	R150	R100
50 – 59 (1)	R200	R150	R100
60-69 (1)	R200	R150	R100
70+ (1)	R200	R150	R100
Junior (1)		R150	R100
Walkers (1)		R150	R100
Equal prize money for male and female athletes.			
Route: Undulating but very scenic (through plantations, indigenous forest, spectacular ocean views), includes gravel road			
First Aid: On route and finish			
Welcome: Walkers - 21.1km, 10km			
ASWD athletes 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.			
Enquiries: Eileen 084 404 2695 / Esme 084 499 7753			

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.

ENTRY FORM

ADMIN USE
CHIP NO
TEMP NO

NAME					
FIRST NAME					
PROVINCE			LIC NO 2020		
DATE OF BIRTH	d	d	m	m	AGE
MALE			RUNNER		
FEMALE			WALKER		
CLUB					
ADDRESS					
Demographic	Black	White	Coloured	Indian	
CELLPHONE NR					
ID / BC / PP/ DL NUMBER					
EMAIL ADDRESS					
EMERGENCY Contact / Cell					
How many Outeniqua Marathons have you completed?					
PARTICIPATION AGE CATEGORY: JUNIOR / OPEN / 40 – 49 / 50 – 59 / 60-69 / 70+					
Race	Entry Fee	Temp Lic Fee	TOTAL		
3km Fun Run	R20.00				
10km	R65.00	R35.00			
21.1km	R100.00	R35.00			
42.2km	R160.00	R35.00			
ALL LOGISTICAL FEES INCLUDED					

Additional Late entries(10km): R20.00 on Friday, 24 April 2020 and on Race Day.

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 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:.....