

## RULES

1. Minimum age on race day is 14 years for the 10km. The minimum age for the 3km is 9 years, however entrants younger than 9 years can participate in the 3km if accompanied by a guardian who is 16 years or older.
2. Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.
3. 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))**
4. 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.
5. 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)
6. Athletes must give proof of their age at the request of the Race Referee. (SA ID/Passport/Drivers License/ Refugee Permit/Birth Cert)
7. All foreign athletes must comply with IAAF 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.
8. 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.
9. **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.**

## GENERAL

1. Start and finish: Tramonto, Farm and Fellow Restaurant and Guesthouse, Geelhoutboom, George. Drinking stations shall be provided at every 3km intervals or more frequently if weather conditions warrant such provision. Powerade shall be available at the finish. | 3. Distance markers will be placed at every kilometer. | 4. The cut-off time for the 3 and 10km is 2 hours and 21.1km is 3 hours. | 5. First aid is available at the start and the finish. | 6. Ablution facilities will be available. | 7. **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.

### INFORMATION

**Pre-Entries:** Close on 27 April 2020

**Late Entries:** 30 April 2020 from 09h00 - 12h00

Avis van rental office, Tamsui Industria George.

**Race Day Entries:** Close 07h30 - R20 to entry fee - 10km and 21km only

**Start:** Tromonto Farm and Fellow 21km start 07h45 10km start 08h00, 3km start 08h15

**Prize Giving:** 11h00

Athletes are responsible to collect their own prize money or make written arrangements with the Even Organisers, failing which the money is forfeited. (ASA Rule 2.10)

## ACCOMMODATION

1. Farm and fellow Guesthouse 044 870 7150

## RACE RESULTS

[www.aswd.co.za](http://www.aswd.co.za)

[www.raceresults.co.za](http://www.raceresults.co.za)



# AVIS Van Rental

## 1 May



farm & fellow Geelhoutboom,

Start and Finish: **RESTAURANT** | **GUESTHOUSE** Tramonto, George

[www.entrytime.com](http://www.entrytime.com)

Enquiries: 083 326 1699 / 044 884 0144

21.1km start 07h45

10km start 08h00



[www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za)

HELD UNDER THE RULES OF  
ASWD, ASA and IAAF



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

# AVIS

Van Rental

## ENTRY FORM: 10km and 3km fun run

### ENTRY FEE:

21km Licensed Athlete	R65	
21km Unlicensed Athlete	R100	
10km Licensed Athlete	R55	
10km Unlicensed Athlete	R90	
3km Fun Run (Min age 9 years)	R20	
Blade Runners Free Entry		

ADMIN USE ONLY

Chip number

**R35 temp license is included for unlicensed athletes -10km + 21km**

**Late entries on the 1st of May 2020 -Add R20 to the entry free - 10km + 21km**

Surname	First Name
ID Number	Date of Birth
Telephone	Cell Number
E-mail	
Club Name	2020 License no.
Province	

21km ☐ 10km ☐ 3km ☐ Run ☐ Walk ☐ Male ☐ Female ☐

BLACK ☐ COLOURED ☐ INDIAN ☐ WHITE ☐

### AGE CATEGORY:

Junior ☐ Open ☐ 40-49 ☐ 50-59 ☐ 60-69 ☐ 70+ ☐

**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

Signature  
 (Parent or Guardian Signature if under 18 years of age)  
 Entry fee is non-refundable and no substitutions are allowed.



## MEDALS - to all finishers

### Prize Money

Men and Women		
	21 km	10 km
1st Open	R400	R200
2nd Open	R200	R150
3rd Open	R200	R100
40-49	R200	R100
50-59	R200	R100
60-69	R200	R100
70 +	R200	R100
Junior	R200	R100
Walker	R200	R100

### 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.

**NO TIMING CHIP, NO RESULT**

