

## RULES

1. Minimum age on race day is 14 years for the 10km and 9 years for the 5km. | 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 on front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. (Red age tag or Orange "W" tag) | 4. Athletes must participate in their correct club colours and display the ASA 2017 license number on the front and back of the vest. All other runners must display ASWD temporary numbers on front and back of vest. Temp numbers available at registration. No advertising allowed. | 5. No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding will only be permitted within 1m on either side of a refreshment station. | 6. Athletes must give proof of their age at the request of the Race Referee. (Original ID / Birth Certificate / Permanent Residence Permit) | 7. 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. | 8. No Earphones (IAAF Rule 144.2b), Animals (ASA Rule 21.4.1) or Racers (ASA Rule 21.4.3) allowed on all distances. | 9. The race is 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 organiser reserve 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 5 and 10km is 2 hours. | 5. First aid is available at the start and the finish. | 6. Ablution facilities will be available.

## ENTRIES

**Online Entries:** [www.entrytime.com](http://www.entrytime.com)

**By Hand:** Avis van Rental, Tamsui Industria, George and Sports Centre, York Street, George

## REGISTRATION

Pre-entries close 25 April 2017. Late entries will be accepted on 29 April 2017 from 09:00 till 12:00 at Avis van Rental, Tamsui Industria, George

**RACE DAY ENTRIES AVAILABLE**

## PRIZE GIVING

1. Prize Giving will take place at 10:00 at Tramonto, Farm and Fellow Restaurant and Guesthouse. 2. Athletes are responsible to collect their own prize money or make an alternative arrangement with the Event Organiser. All participants will be treated to a "Boerie sausage" at the end of the race.

## 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 2017

### 10km & 5 km fun run/walk at 08H00



farm & fellow Geelhoutboom,

Start and Finish: RESTAURANT | GUESTHOUSE Tramonto, George

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

Enquiries: 083 326 1699 / 044 884 0144

Late entries:

29 April 2017 from 09:00 till 12:00

at Avis van Rental, Tamsui Industria

**RACE DAY ENTRIES AVAILABLE**



  
**NEDBANK**  
Running Club

George

Held under the rules  
of ASA and ASWD



**AVIS**  
Van Rental

## ENTRY FORM: 10km and 5km fun run

### ENTRY FEE:

10KM Licensed Athlete R45

10KM Unlicensed Athlete R80

5km fun run adults R20

(MIN age 9 years) - Children R10

ADMIN USE ONLY

Chip number

R35 temp license is included for unlicensed athletes -10km

Surname  First Name

ID Number  Date of Birth

Telephone  Cell Number

E-mail

Club Name  2017 License no.

Province

10km  5km  Run  Walk  Male  Female

### AGE CATEGORY:

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

**INDEMNITY** I agree not to hold the Nedbank Running Club George or any other sponsors, or any persons assisting in the organisation or holding of the race liable for any loss, injury or illness, which I may suffer directly or indirectly as a result of participating in the race, or for any damages to my property or loss of my property which I may suffer directly as a result of participating in the race. I confirm that this special agreement is entered into for the benefit of the Nedbank Running Club George, the sponsor and the persons assisting in the organising and holding of the race.

Signature  Date

(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 10km Run

Positions	Men/Women OPEN	Men/Women 40-49	Men/Women 50-59	Men/Women 60-69	Men/Women 70+	Men/Women Junior	Men/Women Walk
1	R300	R100	R100	R100	R100	R100	R100
2	R150						
3	R100						

### RACE TIMING:

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

