

RULES

1) Minimum age on race day is 9 years for the relay. 2) Athletes must stay on the left hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers. 3) 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 30.8) 4) Athletes must give proof of their age at the request of the Race Referee. (SA ID/Passport/Drivers License/Refugee Permit/Birth Cert) 5) All foreign athletes must comply with IAAF rule 14.2 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day. 6) No Earphones (ASA Rule 30.10.6), Animals (ASA Rule 30.10.1), Racers (ASA Rule 30.10.3), or Wheelchairs (ASA Rule 30.10.4) allowed. 7) 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 reserves the right to accept/reject any entry received.

RELAY

1) Relay runners must wear relay numbers on front. No license or temporary license number needed. 2) The relay handover is by baton and must take place inside designated take over area. 3) The sixth leg runner or third leg walker, will have a timing chip, that needs to be tied to the runner's shoe. 4) The Relay runner who runs the sixth leg of the relay will receive 6 medals and the walker who walks the third leg will receive 3 medals. 5) Split times will not be recorded at the completion of each leg. 6) A runner can run for more than one team but the second team will not qualify for a team prize. 7) Corporate teams - employees need to be employed by the same company or two companies may combine to qualify for corporate prize. Teams may add one runner that is not working for the company. Teams that do not adhere to this rule may participate, but will not qualify for prizes. 8) Mixed running teams must consist of 3 men and 3 women or 2 men and 4 women to qualify for prizes. 9) The race distance per runner will be 2km.

GENERAL

1) Start and finish: 72 York Street, George. 2) Powerade shall be available at the finish. 3) First aid is available at the start and the finish. 4) Ablution facilities will be available at 72 York Street, George.

ENTRIES

Online entries: www.entrytime.com

By Hand: Top Gear Sport in Meade Street, George, Sportscentre York Street OR Eden Meander Mall. Please keep the receipt as proof of payment.

REGISTRATION

Registration to collect race number, timing chip and relay baton will take place on Wednesday 25 October 2017 from 17:00 till 18:15.

PRIZE GIVING

1) Prize Giving will be 15 minutes after the last runner/walker; approximately 20:15 at 72 York Street, George. 2) Teams are responsible to collect their own prizes or make an alternative arrangement with the Event Organizer. Failing which prizes are forfeited. (ASA Rule 2.9) 3.) Lucky draw prizes will be forfeited if the athlete is not present.

MEDALS

Gold - First 10 Teams
Silver- next 30 Teams
Bronze - next 60 Teams

RACE RESULTS

www.aswd.co.za / www.raceresults.co.za



Audit | Tax | Advisory | Outsourcing
grantthornton.co.za

BUSINESS RELAY

Pre-entry only * Close 18 October 2017



Limited to the first
100 teams!

Wednesday 25 October 2017 @ 18:30

72 York Street At the parking area of E Coetzee Pharmacy, George

Enter online: www.entrytime.com

Registration at 72 York Street 25 October 2017 from 16:30 - 17:45

ENQUIRIES: 083 376 7414 | 083 477 4780 | 082 924 5385



GEORGE
HERALD



Held under the rules of ASWD and ASA

ENTRY FORM Closing dates and entry fee per team

Early bird entries: Per team: R210 (Running)
Before 9 Oct. 2017 R105 (Walking)

Late entries: Per team: R270 (Running)
Before 10 Oct. 2017 R135 (Walking)

Name of organisation

Name of team (be creative!)

Categories

Team Categories for Corporate Teams (Mark with X)

Men	<input type="checkbox"/>	Run	<input type="checkbox"/>	Walk	<input type="checkbox"/>
Women	<input type="checkbox"/>	Run	<input type="checkbox"/>	Walk	<input type="checkbox"/>
Men/Women/Mixed	<input type="checkbox"/>	Run	<input type="checkbox"/>	Walk	<input type="checkbox"/>

(Refer to rule relay 7)

Detail of team members (must be completed)

Running teams = 6 members * Walking teams = 3 members

SURNAME	INITIALS	M/F	AGE	POSITION <small>(in company/org)</small>

Team Captain

(All correspondence will be addressed to the team captain).

Name & surname:

Tel:

Email:

Cell:

Undertaking by team captain on behalf of all team members: We agree to abide by the rules of the race and enclose our payment. We understand that we are participating in the Grant Thornton Business Relay at our own risk and hereby indemnify the sponsor and Nedbank Running Club George against any claim whatsoever which may result from our participation. We understand that it is our responsibility to be medically fit to participate in the race. We confirm that we have been bona fide employees of our organisation prior to the day of the race.

Signature of team captain

Name

Date

Parent / Guardian (if under 18 years)

Name

Date

Trophies

First Corporate Team

Most participants combined teams - Corporate (only pre-entry count)

Best "Gees" Corporate

Best dressed Corporate

Prizes

Prizes to the first 3 Teams in the running category – Men, Women and Mixed and for the first 3 walking teams (can be men, women or mixed).

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