

RULES

1. Minimum age on race day is 14 years for the 10km and 5 years for the 3km. | 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 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 2015 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 144.3b, Animals ASA rule 20.4.1 Racers 20.43 allowed. | 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: Glenwood House, Glenwood Avenue, George. | 2. 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 kilometre. | 4. The cut-off time for the race is 1 hour 45 minutes. | 5. First aid is available at the start and the finish. | 6. Ablution facilities will be available at Glenwood House. | 7. ASWD Licensed athlete take note: Forget your chip – you will have to pay R20 to loan one for the race. Lost your chip – you will have to pay R50 for a replacement chip.

ENTRIES

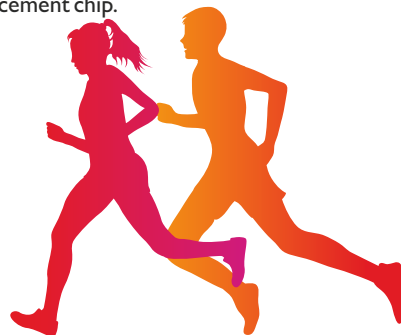
Online Entries: www.entrytime.com

By Hand: Enter at the following sport shops:

Tekkie Town – Garden Route Mall, Langeberg Mall and Oudtshoorn Sportscentre, York Street, George

Top Gear Sport

Sportmans Warehouse, Eden Meander Mall



REGISTRATION

Pre-entries close on 30 August 2016

Registration will take place on 1 September at Sportmans Warehouse from 16h30 till 18h00 and on Friday 2 September 2016 from 17h00 till 17h45 at Glenwood House. Late entries: Thursday 1 September from 16h30 till 18h00 at Sportmans Warehouse (Eden Meander Mall)

NO RACE DAY ENTRIES FOR 10KM. ENTRIES FOR 3KM ARE ACCEPTED ON RACE DAY.

PRIZE GIVING

1. Prize Giving will be at 20:00 at Glenwood House, Glenwood Avenue, George. | 2. Athletes are responsible to collect their own prize money or make an alternative arrangement with the Event Organiser. | 3. Lucky draw prizes will be forfeited if the athlete is not present.

RACE RESULTS

www.aswd.co.za

www.raceresults.co.za



**GEORGE
HERALD**

2 September

Run with the Stars 2016

3km & 10 km NIGHT RUN

**Star bright, Star light - First Star I see tonight
Wish I may, Wish I might - Have the wish I wish tonight
I wish for a toy for Christmas.**



**Glenwood
House
School**

Help Glenwood House make a child's wish come true by bringing a small toy to registration at the George Herald "Run with the Stars".

Discovery Vitality Members
will earn 600 points



Entries: www.entrytime.com
Enquiries 083 376 7414 or
083 477 4780

Dress like a **STAR** and **WIN!**



**NEDBANK
Running Club**

George

Held under the rules
of ASA and ASWD



This event is timed by
an electronic chip
**NO CHIP
NO RESULT**



ENTRY FORM: 10km and 3km

ENTRY FEE:

10km Licensed Athletes: R45

Unlicensed Athletes: R80 (R45 + R35 Temp license)

3km – R20 (no temporary license required)

ADMIN USE ONLY

Chip number

Surname

First Name

ID Number

Date of Birth

Telephone

Cell Number

E-mail

Club Name

2015 License no.

Province

3km 10km Run Walk Male Female

AGE CATEGORY:

Open 14-19 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.

NO RACE DAY ENTRIES FOR 10KM

3km RACE @ 17:30 | 10km RACE @ 18:00

Glenwood House • Glenwood Avenue • George

LATE ENTRIES:

Thursday 1 September 2016 from 16h30 till

18h00 at Sportsmans Warehouse - Eden Meander Lifestyle Centre

Prize Money 10km Run and Walk

Positions	Men/Women OPEN	Men/Women 40-49	Men/Women 50-59	Men/Women 60-69	Men/Women 70+	Men/Women 14-19	Men/Women Walk
1	R500	R150	R150	R150	R150	R150	R150
2	R300	R100	R100	R100		R100	R100
3	R200						

MEDALS

10km Gold - first 5 men and 5 women

Silver - next 100

Bronze - next 290

3km Medals to all finishers

Prize for FUNNIEST / BRIGHTEST STAR



RACE TIMING:

A 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

GEORGE HERALD

Run with the Stars 2016

