

RULES: 1] Age - Minimum age on race day is 14 years for the 10km. **2] Age Tags** - 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). **3] Club Colours** - Athletes must participate in their correct club colours and display the ASA 2025 license numbers on the front and back of the vest. All other runners must display the temporary number on front of the vest. **4] 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 point. (ASA Rule 34.8.2). **5] Proof of Age** - Athletes must give proof of their age at the request of the Race Referee. (SA ID/Passport/Drivers License/Refugee Permit/Birth Certificate since 1994). **6] Foreigners** - No foreigners allowed to participate in this race. **7] Safety Rule** (ALL DISTANCES) - 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. **8] 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: 10km start at McDonald's Garden Route Mall and finish at McDonald's Courtenay Street. **2] Refreshment Tables:** Drinking stations will be provided at 3.5km intervals (2 water points) or more frequently if weather conditions warrant such provision. **3] Distance markers** will be placed at every kilometre. **4] The cut off time** for the race is 2 hours. **5] First aid** is available at the start and the finish. **6] Ablution facilities** will be available in the Garden Route Mall. **7] No transport:** There will be no official transport from McDonald's Courtenay Street to McDonald's Garden Route. Please make use of your own transport or public transport. **8] The results** will be electronically produced on race day by the official chip timing system. Your timing chip will be placed on your race number. The race number must be worn on front of your vest and visible at the finish line. There is a foam strip of your race number. Please do not remove the timing chip and foam strip from the race number – doing so will result in a NO finish. For safety and timing purposes, ONLY the person assigned to this race number may use it. **9] Race cancellation:** There will be no refunds should the race be cancelled for reasons beyond our control. Substitutions: NO substitution will be allowed. Refund: In case that you are injured and cannot take part, we are unable to refund fund you.

ENTRIES: 1] Online Entries: www.entryninja.com **2] By Hand:** You can enter and pay at Top Gear Sport and Sportsmans Warehouse, Eden Meander Mall. Please keep the receipt as proof of payment.

REGISTRATION AND LATE ENTRY: NO RACE DAY ENTRIES. This is a pre-entry event and entries are accepted. Pre-entries close on 12 June 2025 at 23:59.

RACE NUMBER COLLECTION (ALL RUNNERS):

Sportsmans Warehouse, Eden Meander Mall

Saturday • 14 June 12:00-15:00

Sunday • 15 June 12:00-15:00

McDonald's Langeberg Mall, Mossel Bay

Saturday • 14 June 12:00-15:00

WHAT TO BRING TO REGISTRATION?

To ensure that your registration is processed quickly and efficiently, you are requested to bring the following to registration: **1]** Your ID document, driver's license or passport. **2]** Your race number confirmation SMS.

COLLECTING ON BEHALF OF SOMEONE:

If you want another person to collect on your behalf, they will be required to present a copy of your race number confirmation SMS as well as proof of identity.

PRIZE GIVING: All prize winners must be in their club colours when collecting their prize. Winners must be present at prize giving otherwise the prize will be forfeited. No exceptions!

MONDAY 16 JUNE 2025
at 08:00am



10km
McDonald's
GARDEN ROUTE MALL
to
McDonald's
COURTENAY STREET

YOUTH DAY RACE



ENTRIES AND RACE NUMBER COLLECTION

Sportsmans Warehouse, Eden Meander Mall

Saturday • 14 June 12:00-15:00

Sunday • 15 June 12:00-15:00

McDonald's Langeberg Mall, Mossel Bay

Saturday • 14 June 12:00-15:00

LIMITED: 500 Entries

**NO RACE DAY ENTRIES OR
COLLECTION OF RACE NUMBERS**



www.nedbankrunningclub.co.za

Held under the rules of
ASA | ASWD | WA



This event is timed by
an electronic bib chip
NO BIB CHIP - NO RESULT



RACE RESULTS: www.aswd.co.za | www.bouttime.co.za

Entries: www.entryninja.com | Enquiries: 083 376 7414 | 084 772 2451

ENTRY FORM - 10KM

☐ **R80** Licensed Athletes

☐ **R125** Unlicensed Athletes

☐ **R50** Nedbank Runners
Enter before 31 May 2025 (R80 from 1 June)

☐ **R30** Raffle Ticket
Stand a chance to win R5000 in lucky draw

ADMIN USE ONLY

Chip Number

Temp. Number

Onlines fees: Add **R10** when entering online: www.entrryninja.com
Late entry fee: Add **R20** to the entry fee on 14 and 15 June 2025 at Sportsmans Warehouse.

First NameContact Number

SurnameEmail

ID NumberClub Name

Date of Birth2025 License Number

Junior

Open

Male

Female

Run

Walk

40-49

50-59

60-69

70-79

80+

COLLECTION VENUE:

Sportsmans Warehouse, Eden Meander Mall

McDonald's Langeberg Mall, Mossel Bay


INDEMNITY / DISCLAIMER: By entering this event I undertake to be bound by the rules and regulations of the event including those of WA 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.

SIGNEDDATE

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).

SIGNEDSigned by a parent/legal guardian if the participant is under the age of 18DATE

PRIZE MONEY | 10KM Run and Walk

	MEN/WOMEN JUNIOR	MEN/WOMEN OPEN	MEN/WOMEN 40-49	MEN/WOMEN 50-59	MEN/WOMEN 60-69	MEN/WOMEN 70-79	MEN/WOMEN 80+	MEN/WOMEN WALK	MEN/WOMEN NBRCSWD
1	R300	R1000	R150	R150	R150	R150	R150	R150	R500
2	R250	R700							R300
3	R200	R500							R200
4	R150	R300							
5	R100	R200							

10KM MEDALS

Gold First 100
Silver Next 150
Bronze Rest of Finishers



10KM TIME BONUS

MEN
Sub 29:00 - R2000
Sub 29:30 - R1000
Sub 30:00 - R500

WOMEN
Sub 36:00 - R2000
Sub 36:30 - R1000
Sub 37:00 - R500

LUCKY DRAW

R30 Raffle Tickets

Stand a chance to win R5000

OPEN PRIZES

First 3 men and 3 women in the Open Category get a **R2000 HAMPER** sponsored by: Biogen Nike, Bavaria, Thirsti, FutureLife



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 competing the race.

NO TIMING CHIP - NO RESULT!