

RULES

1] The wearing of club clothes is not mandatory. 2] Only the event race number will be worn on the front of the vest. 3] Immediate disqualification if a runner tampers with the route markings. 4] Immediate disqualification if a runner is caught littering. 5] Immediate disqualification if a runner damages the trail or any vegetation. 6] One waterpoint will be available on the 15km. 7] Minimum age for entering is 15 years for the 15km trail run and 9 years for the 6km. 8] No substitutions will be allowed. No refunds. 9] Closing Date for pre entries is 30 August 2021 or as soon as entry cap is reached. 10] Start chutes close strictly at 07:55 on race day for compulsory race briefing. Arrivals after this time will not be allowed to start. 11] 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 as well as refuse athletes to participate in race on race day, who screen positive for COVID19 without any refund. Only a maximum of 250 athletes (150 athletes in 15km and 100 athletes in 6km) allowed to participate in this race.

GENERAL

- 1] Start and Finish at Ground Zero Bike Park and Trail, George.
- 2] Cut-off times: 15km = 3 hours | 6km = 2 hours.
- 3] First aid is available on most of the route and at the finish.
- 4] Ablution facilities will be available at start and finish.
- 5] Kindly complete the health screening questionnaire and bring with on race day. (No form, no participation). Form available on www.aswd.co.za/downloads
- 6] Race results available at www.aswd.co.za/results

ENTRIES

ONLINE ENTRIES ONLY: www.entrytime.com

REGISTRATION AND LATE ENTRY

- 1] This is a pre-entry event. Pre-entries close on Monday, 30 August at 13h00. No late entries.
- 2] The collection of the race number bib and timing chip (15km) will take place on Saturday from 06:00 – 07:00 at Ground Zero Bike Park and Trail, George.
- 3] 6km: Collect race number from 06:00 - 07:00 Ground Zero Bike Park and Trail, George.



SPECIAL NOTE:

Please use mask always except for during participation. All athletes need to leave the site as soon as they've run or walked over the finish line.
NO gatherings / handshake / hugging allowed at the finish.





15KM - 08:00
6KM - 08:15



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



www.nedbankrunningclub.co.za

Held under the rules of
ASA | ASWD | IAAF



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



ENTRY FORM - TRAIL RUN

☐ **R150** 15KM Club Athletes

☐ **R200** 15KM Non-Club Athletes
(Includes temp number and chip hire)

☐ **R50** 6KM - No Timing

NO ENTRIES ON RACE DAY!

First Name _____ Contact Number _____

Surname _____ Email _____

ID Number _____ Club Name _____

Date of Birth _____ 2021 License Number _____

Junior

Open

Male

Female

Run

Walk

40-49

50-59

60-69

70-79

80+

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.

SIGNED _____ DATE _____

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).

SIGNED (Signed by a parent/legal guardian if the participant is under the age of 18) _____ DATE _____

ADMIN USE ONLY

Chip Number _____

Temp. Number _____

PRIZE MONEY | 15KM Trail Run

	MEN/ WOMEN OPEN	MEN/ WOMEN JUNIOR
1	R800	R400
2	R600	
3	R400	

MEDALS | 15KM Trail Run:
Medals to the first 150 Runners

RACE TIMING

ASWD LICENSED ATHLETES: No loan chip will be available on race day apart from the timing chips for the non-club members. NO CHIP • NO TIME • NO EXCEPTIONS!!

The chip is to be worn on your shoe for the duration of the event. The loan chips for non-club members are to be handed back at the end of the race. 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!