



Beaufort West

21.1km

5km / 10km / 21.1km (Run & Walk)
ASWD EVENTS

Presented by

Beaufort West

DRAWWERS & MUNICIPALITY

Sponsored By



30 JULY 2016

RUSTDENE SPORTSGRONDE

7:00

HELD UNDER THE RULES OF ASA AND ASWD



INFORMATION

RULES AND REGULATIONS

Held under the rules 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 organizer reserve the right to accept / reject any entry received.

Club Colours: Athletes must participate in their correct colours and display the ASA 2016 license numbers on the Front and back of the vest, (**unless Race Numbers are provided**). All other runners must display a temporary number on Front of vest. No advertising allowed.

Cut-off time: 10km=2hrs OR 21.1km =3hrs(Run) / 4hrs (Walk)

Distance markers: Will be placed at every kilometre.

Foreigners: 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 any race day.

Proof of Age: Athletes must give proof of their age at the request of the Race Referee (ID / Birth certificate / Permanent Residence Permit).

Refreshment tables: Drinking / Sponging stations shall be provided at 3 km intervals (Min 2.5km - Max 3.5km apart), or more frequently if weather conditions warrant such provision. Water and other suitable refreshments shall be available at the start and finish of all races.

Road: Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.

Safety Rule (ALL DISTANCES): No Earphone (IAAF Rule 144.3b), Animals (ASA Rule 20.4) or Racers (ASA Rule 20.4.3) allowed.

Seconding: No seconding from cyclist or private vehicles will be allowed on the route. Personal seconding will only be permitted within 1m on either side of a refreshment station.

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 front and back. Participants may enter the age category corresponding to their chronological age or may younger category down to SENIOR. (**Red age tag or orange "W" tag**)

Entries: Postal entries to the Organizing Secretary, Private Bag 582, Beaufort West, 6970. Closing date: 29 July 2016. No entries will be accepted on the morning of the race. On-line entries at www.aswd.co.za until 27 July 2016 at 12.00.

Registration: Participants should collect their numbers at the Voortrekker Street Sports Complex on Friday 29 July 2016 between 18:00 to 22:00.

Start: The 21.1km, 21.1km (Incl Walkers) and 10km will start from Beaufort West Rustdene Sports Complex at 07:00

Ablution: Toilets are available at the Start/Finish

First Aid: Available

Hand-outs: Entry fee include T-Shirt and Hotdog after race

Medals: Medals to all finishers within the cut-off time.

Prize giving: 11:30 at the Finish Line. Athletes are responsible to collect their own prize money or make an alternative arrangement with the Event Organizer.

Prize Money: Equal prize money for male and female athletes.

	10km	21.1km Run	21.1km Walk
Junior 14 - 19	R250	R500	
	R200	R400	
Open 20 - 39	R350	R3500	R700
	R250	R2000	R600
	R150	R1500	R500
40 - 49	R250	R500	R500
	R200	R400	R300
50 - 59	R250	R500	R500
	R200	R400	R300
60 - 69	R250	R500	R500
	R200	R400	R300
70+	R250	R500	R500
	R200	R400	R300

Enquiries: Selma Murray 023 414 8020 / selma@beaufortwestmun.co.za

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 chip is 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.

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.

ENTRY FORM

ADMIN FEE										
CHIP NO.										
TEMP NO.										
SURNAME										
FIRST NAME										
PROVINCE					LIC NO. 2016					
DATE OF BIRTH		D	D	M	M	YYYY	AGE			
MALE				RUNNER						
FEMALE				WALKER						
CLUB										
ADDRESS										
CELLPHONE NR.										
ID / BC / PR NUMBER										
E-MAIL ADDRESS										
EMERGENCY CONTACT NR./CELL										
PARTICIPATION AGE CATEGORY										
JUNIOR / OPEN / 40 - 49 / 50 - 59/ 60 - 69/ 70+										
Cheque made out to - [Beaufort West Municipality, Nedbank, Account nr. 10 7428 0318, Branch Nr. 198765, Account type : Current Account										
Race		Entry Fee		Temp Lic Fee		Total				
Fun Run		R0.00		None						
10 km		R45.00		R35.00						
21.1 km		R55.00		R35.00						
21.1 km walk		R55.00		R35.00						
T-shirt size		M		L		XL		XXL		
<p>INDEMINTY : I agree not to held the Beaufort West Runners Club or any other sponsors, or any persons assisting in the organization or holding of the race liable, which I may suffer directly or indirectly as a result or 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 Beaufort West Runners Club, the sponsors and the person assisting in the organization of holding the race.</p>										
Datum / Date				Handtekening / Signature						
Parent / Voog				Signature						
If under the age of 18										