

RULES AND REGULATIONS

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 reserve the right to accept / reject any entry received.			
Club Colours: Athletes must participate in their correct club colours and display the ASA 2014 license numbers on the front and back of the vest, All other runners must display temporary number on front and back of vest. No advertising allowed.			
Cut-off time: 10km = 1 ½ hrs OR 21.1km = 3 hrs			
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 race day.			
Proof of Age: Athletes must give proof of their age at the request of the Race Referee. (Original ID / Birth Certificate / Permanent Residence Permit)			
Refreshment Tables: Drinking / Sponging stations shall be provided at 3km 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 Earphones (IAAF Rule 144.2b), Animals (ASA Rule 21.4.1) or Racers (ASA Rule 21.4.3) allowed.			
Seconding: 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.			
Age Tags: Participants will be eligible for prizes in the <u>OPEN</u> category and the age category for which they have entered provided the relevant <u>OFFICIAL ASWD</u> 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)			
Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R15.00	None	9 years
10km	R35.00	R30.00	15 years
21.1km	R45.00	R30.00	16 years

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.



Presented by



Sponsored by:

Anton Le Roux Transport



DATE: 24 May 2014

START TIME: 08:00 (3km @ 8:15)

**VENUE: NG Church Die Vleie
Kerk Street, Hoekwil**

HELD UNDER THE RULES OF ASA AND ASWD



This event is timed by electronic chip. NO CHIP NO TIME

INFORMATION

Pre-entries: Mail completed entry forms and proof of payment to nbmc.eden@gmail.com Pre-entries close Wednesday, 21 May	
Registration and late entries: 6:30 NG Church, Kerk Street, Hoekwil	
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.	
Start: 10 & 21.1km 8:00, 3km 8:15 NG Church, Kerk Street, Hoekwil	
Finish: NG Church, Kerk Street, Hoekwil	
Ablution: Hoekwil Primary School	
First Aid: Gazebo at finish area	
Hand-outs: Lucky Draw Prizes	
Medals: Medals to first 600 finishers who complete the race within the cut-off time. Gold = 24 / Silver = 100 / Bronze = 500	
Prize giving: 11:00 at NG Church Die Vleie, Hoekwil. Athletes are responsible to collect their own prize money or make an alternative arrangement with the Event Organizer.	
Prize Money: 10km	
	OPEN 40 – 49 = 50 – 59 = 60 + = JUNIORS
Position	1 – R250 1 – R100 1 – R100 1 – R100
Position	2 – R150
Position	3 – R100
Prize Money: 21km	
	OPEN 40 – 49 = 50 – 59 = 60 + = JUNIORS
Position	1 – R500 1 – R150 1 – R150 1 – R150
Position	2 – R250
Position	3 – R150
Route: Off-road scenic route on gravel roads through farmlands with beautiful views of the Outeniqua mountains.	
Welcome: Walkers welcome. No category prizes for walkers	
Enquiries:	
Helena Ferreira – 076 593 9636 – nbmc.eden@gmail.com	
Maxie Cockrell – 082 719 4844 – maxie@acv.co.za	

Finish line drinks



ENTRY FORM

SURNAME			
FIRST NAME			
MALE		FEMALE	
ADDRESS			
CELLPHONE NR			
CLUB			
DATE OF BIRTH		AGE	
ID / BC / PR NUMBER			
TEMP NR		RUNNER	
LICENSE NR 2014		WALKER	
PROVINCE			
EMAIL ADDRESS			
EMERGENCY Contact / Cell			
PARTICIPATION AGE CATEGORY:			
JUNIOR / OPEN / 40 – 49 / 50 – 59 / 60+			
Internet transfer to: New Balance Multisport Club Eden, FNB, Branch Code 250655, Account Number 62312189328			
Race	Entry Fee	Temp Lic Fee	TOTAL
Fun Run	R15.00	None	
10km	R35.00	R30.00	
21.1km	R45.00	R30.00	

INDEMNITY I agree not to hold New Balance Multisport Club Eden or any other sponsors, or any persons assisting in the organization 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 New Balance Multisport Club Eden, the sponsor and the persons assisting in the organizing and holding of the race.

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Signature

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Date

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Parent / Guardian (if under 18 years)