

This race is subject to the rules of ASA and ASWD.

Minimum age 15 years for 10km. Minimum age 9 for 4km.

Temporary licenses will be available to athletes who are not members of a club at a cost of R30.00.

Participants will be eligible for prizes in OPEN category and the age category for which they have entered provided the relevant OFFICIAL ASWD age category tag or junior tag 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)

Licensed athletes must participate in club colours and display ASA 2014 license numbers on back and front of vest. All other athletes must display temporary numbers. No advertising allowed.

Distance markers will be placed at every kilometre. Coke and water will be supplied at 5km intervals.

Athletes must give proof of their age at the request of the race referee. (Original ID/Birth certificate/Permanent residence permit).

Age group ID tags must be worn visibly front and back to qualify for age category prizes.

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.

No earphones, animals, or racers allowed on all distances.

Cyclists and private motor vehicles are allowed on route but all seconding must comply with ASA rules (stand and hand within 1m of seconding station).

Athletes must keep to the right hand side of the road in single file, unless instructed differently by Marshals and Traffic Officers.

First aid is available at start and finish.

ASWD Licensed athletes 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.

All competitors must comply with the rules, regulations and instructions given by officials and marshals. 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.

PRIZE MONEY:

Pos	Open	V	M	♀/M	♂/M	♂♂/M	J	W	Hartenbos Drawers
		40 - 49	50 - 59	60 - 69	70 - 79	80 +	15 - 19	Walk	
1	R 200	R 150	R 150	R 150	R 100	R 100	R 150	R 150	R 100
2	R 150	R 100	R 100	R 100			R 100	R 100	
3	R 100								

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 the loss 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



HAVENGA ELEKTRIES

ERNIE

074 873 3838

havengaelec@telkomsa.net

044 695 1197

DIE ERNST LOUW Gedenk Wedloop 10km & 4km



www.hartenbosdrawers.co.za

Venue: Eden Country Inn Little Brak River

10 DECEMBER 2014

10km Run/Walk - 18:00 4km Run/Walk - 18:05

Aangebied deur:
Brought to you by:



Held under
the rules of
ASA & ASWD



INLIGTING INFORMATION

INSKRYWINGSVORM ENTRY FORM

**Inteken by beginpunt
Entries at Start:**

Friday / Vrydag - 17h00 - 20h00
Saturday / Saterdag - 16h30 - 17h45
Eden Country Inn

Medaljes / Medals:

- GOLD** All category winners
- SILVER** First 50 Finishers
- BRONZE** Next 150 runners
(Balance of medals will be posted)
- Colour Glazed Medals to all finishers of the 4Km

**Prysuitdeling
Prize Giving:**

At the finish line @ 20h00
Athletes are responsible to collect their own prize money or make an alternative arrangement with the Event Organizers

**Uithandigings
Hand-outs**

Lucky Draws after Prize-giving

**Akkommodasie
Accommodation:**

Eden Country Inn - Little Brak River
Tel: 044 696 6262 | E-mail: info@edeninn.co.za
Standard rooms: R200 p/p | Budget rooms: R170 p/p

Roete / Route:

Very fast out and back route
CUT-OFF TIME - 2 HOURS

**Aanlyn Inskrywings
Online Entries:**

www.aswd.com
Online entries close 5 December 2014

Race	Entry Fee	Temp License Fee	Min Age
Fun Run 4km	R 20,00	None	9 Years
10km	R 35,00	R 30,00	15 Years

Leon 082 927 9437
Cecelia 082 851 0903
Kleintjie 072 877 4121



(Design by: SG Webdesign 072 595-2731)

Inskrywingsfooi / Entry Fee 10km & 4km:

- 10km Licensed Athletes: R35
- Unlicensed Athletes: R65 (R35+R30 Temp license)
- 4km (No temp license required):

Tick appropriate box

ADMIN USE ONLY

Chip number

Van / Surname: Voornaam / First name:

ID Number:

Emergency Tel Number: Cell Number:

Address:

E-mail:

Club Name: 2014 License No:

Province: Age:

4km 10km Run Walk Male Female

Ouderdom Kategorie / Age Category

15-19 Open 40-49 50-59 60-69 70-79 80+

INDEMNITY I agree not to hold the Hartenbos Drawwers Club or any other sponsor, or any person 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 Hartenbos Drawwers Club, the sponsor and the persons assisting in the organising of the race.

Signature

(Parent or Guardian Signature if under 18 years of age)

Date

