

## RULES AND REGULATIONS

<p><b>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.</b></p>			
<p><b>Club Colours:</b> Athletes must participate in their correct club colours and display the ASA 2014/2015 license numbers on the <u>front and back</u> of the vest. All other runners must display temporary number on <u>front and back</u> of vest. No advertising allowed.</p>			
<p><b>Cut-off time:</b> 10km = 1 ½ hrs / Cut-off time: 21.1km = 3 hrs</p>			
<p><b>Distance markers:</b> Will be placed at every kilometre.</p>			
<p><b>Foreigners:</b> 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.</p>			
<p><b>Proof of Age:</b> Athletes must give proof of their age at the request of the Race Referee. (Original ID / Birth Certificate / Permanent Residence Permit)</p>			
<p><b>Refreshment Tables:</b> Drinking 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.</p>			
<p><b>Road:</b> Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.</p>			
<p><b>Safety Rule (ALL DISTANCES):</b> No Earphones (IAAF Rule 144.2b), Animals (ASA Rule 21.4.1) or Racers (ASA Rule 21.4.3) allowed.</p>			
<p><b>Seconding:</b> 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.</p>			
<p><b>Age Tags:</b> 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. <b>(Red age tag or Orange "W" tag)</b></p>			
<b>Race</b>	<b>Entry Fee</b>	<b>Temp Lic Fee</b>	<b>Minimum Age</b>
10km	R35.00	R30.00	15 years
21.1km	R45.00	R30.00	16 years



**PALM TYRE**

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# Palm Tyres 21km & 10km



**When: Saturday 13 December 2014**  
**Time: 06h00 – 21km**  
**06h15 – 10km**

**Venue: Palm Tyres, top of York Street,  
George**

**HELD UNDER THE RULES OF ASA AND ASWD**



**This event is timed by IPICO timing chip. NO CHIP NO TIME**

# INFORMATION

<b>Registration and late entries:</b> From 5am (05h00) on Saturday, 13 December 2014 at Palm Tyres, York Street. Pre-entries can also be completed at Top Gear Sport, Meade Street, Loerie Centre(Ters). Enter online @ <a href="http://www.aswd.co.za">www.aswd.co.za</a>					
<b>ASWD Licensed athlete take note:</b> Forget your IPICO 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.					
<b>Start:</b> 06h00 at Palm Tyres – 21km 06h15 at Palm Tyres – 10km					
<b>Finish:</b> Palm Tyres					
<b>Ablution:</b> Available at start and finish					
<b>First Aid:</b> Available					
<b>Hand-outs:</b> Lucky Prizes - At the finish after the medal presentation.					
<b>Medals:</b> Silver Medals to the first 50 athletes in both the 21km and 10km. Bronze medals to all finishers within the qualifying time.					
<b>Prize giving:</b> Palm Tyres at 09h30. Athletes are responsible to collect their own prize money or make an alternative arrangement with the Event Organizer.					
<b>Prize Money: Equal prize money</b> for male and female athletes.					
	<b>OPEN</b>	<b>40 – 49</b>	<b>= 50 – 59</b>	<b>= 60 +</b>	<b>JUNIORS</b>
<b>10km</b>	1 R200 2 R150 3 R100	1 R100	1 R100	1 R100	1 R100
<b>21.1km</b>	1 R300 2 R250 3 R150	1 R100	1 R100	1 R100	1 R100
<b>Route:</b> From centre of town through Heatherlands to the historical Tolhuis in the Montagu Pass and back – undulating with long winding climb to the turn.					
<b>No prize money for walkers.</b>					
<b>Enquiries:</b> Alf Zehmke 083 650 5098					

**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 completing the race.

# ENTRY FORM

<b>ADMIN USE</b>
<b>CHIP NO</b>
<b>TEMP NO</b>

<b>SURNAME</b>							
<b>FIRST NAME</b>							
<b>PROVINCE</b>				<b>LICENSE NO 2014/2015</b>			
<b>DATE OF BIRTH</b>	d	d	m	m	19.....	<b>AGE</b>	
<b>MALE</b>				<b>RUNNER</b>			
<b>FEMALE</b>				<b>WALKER</b>			
<b>CLUB</b>							
<b>ADDRESS</b>							
<b>CELLPHONE NR</b>							
<b>ID / BC / PR NUMBER</b>							
<b>EMAIL ADDRESS</b>							
<b>EMERGENCY Contact / Cell</b>							
<b>PARTICIPATION AGE CATEGORY:</b> JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60+							
<b>Race</b>	<b>Entry Fee</b>		<b>Temp Lic Fee</b>		<b>TOTAL</b>		
10km	R35.00		R30.00				
21.1km	R45.00		R30.00				

**INDEMNITY** I agree not to hold Grasshoppers Outeniqua Harriers 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 Grasshoppers Outeniqua Harriers, the sponsor and the persons assisting in the organizing and holding of the race.

.....  
**Signature**

.....  
**Date**

.....  
**Parent / Guardian (if under 18 years)**