



**TOTAL**

# MOORD KUIL

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

Minimum age 15 years for 15km. 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 or may display ASA 2015 license numbers from 1 December 2014 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 3km intervals.

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

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	G/M	GG/M	GGG/M	J	W	Hartenbos Drawers
1	R 300	R 200	R 200	R 200	R 100	R 100	R 200	R 200	R 200
2	R 200	R 100	R 100	R 100			R 100	R 100	
3	R 150	R 50	R 50	R 50			R 50	R 50	
4	R 100								
5	R 50								

### 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**



**Moordkuil  
15km & 4km**

[www.hartenbosdrawers.co.za](http://www.hartenbosdrawers.co.za)

**Venue: Friemersheim Sports Grounds**

# 27 DECEMBER 2014

**15km Run/Walk - 08:00 4km Run/Walk - 08:10**

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 - 19h00  
Saturday / Saterdag - 05h45 - 07h30  
Friemersheim Sports Grounds

**Medaljes / Medals:**

- **GOLD** All category winners
- **SILVER** First 50
- **BRONZE** Next 350 runners  
(Balance of medals will be posted)
- Colour Glazed Medals to all finishers of the 4Km

**Prysuitdeling  
Prize Giving:**

At the finish line @ 11h00  
*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:**

For affordable self-catering flats, please contact:  
Susan Theron on 082 787 2908

**Roete / Route:**

**Difficult Circular route** with a very steep downhill into the valley and out again. The route takes you through bush-land, and is probably the most beautiful route in the SWD.

Remember "**It's painful to be beautiful**"  
Cutt-off time: 3 ½ Hours

**Aanlyn Inskrywings  
Online Entries:**

[www.aswd.com](http://www.aswd.com)  
Online entries close 19 December 2014

Race	Entry Fee	Temp License Fee	Min Age
Fun Run 4km	R 20,00	None	9 Years
15km	R 40,00	R 30,00	15 Years

Linda 071 419 7049  
Cecelia 082 851 0903  
Kleintjie 072 877 4121



(Design by: SG Webdesign 072 595-2731)

**Inskrywingsfooi / Entry Fee 15km & 4km:**

- 15km Licensed Athletes: R40
  - Unlicensed Athletes: R70 (R40+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:	2014/2015 License No:
Province:	Age:

4km <input type="checkbox"/>	15km <input type="checkbox"/>	Run <input type="checkbox"/>	Walk <input type="checkbox"/>	Male <input type="checkbox"/>	Female <input type="checkbox"/>
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**Ouderdom Kategorie / Age Category**

15-19 <input type="checkbox"/>	Open <input type="checkbox"/>	40-49 <input type="checkbox"/>	50-59 <input type="checkbox"/>	60-69 <input type="checkbox"/>	70-79 <input type="checkbox"/>	80+ <input type="checkbox"/>
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**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 \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or Guardian Signature if under 18 years of age)

