

RULES

Club Colours: Athletes do not have to wear club clothing.

Cut-off time: The cut-off for the race is 3 ½ hours.

Distance markers: No ROUTE MARKINGS. No marshals on route.

Substitutions: Entry Fee is non-refundable and no substitutions will be allowed.

Water: Runners need to be self sufficient. Please carry your own water or other suitable refreshment for hydration on the route.

Cellphone: Athletes must keep their cellphone with them in case of an emergency.

Littering: Please no littering on the route. Immediate disqualification if a runner is caught littering.

Minimum Age: Minimum age for entering is 16 years.





Grasshoppers / Basun Beach Run 21km

Presented by
Outeniqua Harriers

When: Saturday 29 November 2014

Time: 07h00

Where: NSRI Wilderness Beach to Swartvlei
Beach

HELD UNDER THE RULES OF ASA AND ASWD



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

INFORMATION

Registration and late entries: From 06h00 – 06h50 on Saturday, 29 November 2014 at NSRI Wilderness Beach. Pre-entries can also be completed at Top Gear Sport, Meade Street, Loerie Centre(Ters).		
ASWD Licensed athlete take note: 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.		
Start: 07h00 at NSRI Wilderness Beach.		
Finish: Swartvlei Beach		
Ablution: Available at start and finish.		
Transport: No transport available		
First Aid: Available		
Hand-outs: Lucky Prizes - At the finish after the medal presentation.		
Medals: Medals to the first 150 finishers of the race.		
Prize giving: Swartvlei Beach at 10h30. 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.		
Positions	Men	Women
1	R300	R300
2	R200	R200
3	R100	R100
Route: Sandy Beach from NSRI Wilderness with rocks en route to Swartvlei Beach.		
No prize money for walkers.		
Enquiries: Duppie 084 501 0168		

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

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

SURNAME													
FIRST NAME													
PROVINCE							LICENSE NO 2014						
DATE OF BIRTH	d	d	m	m	19.....			AGE					
MALE							RUNNER						
FEMALE							WALKER						
CLUB													
ADDRESS													
CELLPHONE NR													
ID / BC / PR NUMBER													
EMAIL ADDRESS													
EMERGENCY Contact / Cell													
Race	Entry Fee				Temp Lic Fee				TOTAL				
21km Beach Run	R95.00				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)