

# ENTRY FORM

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

SURNAME			
FIRST NAME			
PROVINCE		LICENSE NO 2015	
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			
PARTICIPATION AGE CATEGORY:			
JUNIOR / OPEN / 40 - 49 / 50 - 59 / 60+			
<b>Banking details:</b> Run/Walk for Life Odn. Acc. No: 924 098 6857		ABSA Bank Branch code: 632 005	
Race	Entry Fee	Temp Lic Fee	TOTAL
Fun Run	R15	None	
10km	R35.00	R30.00	
21.1km	R45.00	R30.00	

**INDEMNITY** I agree not to hold RUN WALK FOR LIFE OUDTSHOORN 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 RUN WALK FOR LIFE OUDTSHOORN, the sponsor and the persons assisting in the organizing and holding of the race.

Signature

Date

Parent / Guardian (if still under the age of 18yrs)



## OUDTSHOORN

PRESENTS: **SCHOEMANSHOEK RACE**

in association with:



HALF MARATHON (21KM)  
10 KM RACE  
5KM FUN RUN

SATURDAY 24 JANUARY 2015

PLACE: SCHOEMANSHOEK  
ORCHARD FINE FOODS & DELI

FEE / FOOI: 21 KM - R45 - 6H00  
10 KM - R35 - 6H05  
5 KM - R15 - 6H10

TEMP. LICENCE FOR 21 KM & 10 KM = R30

ASWD 21km Trial 1 / ASWD 10km Trial 3

HELD UNDER THE RULES OF ASA AND ASWD



This event is timed by IPICO timing chip.

NO CHIP NO TIME

# Klein Karoo



## GENERAL INFORMATION:

1. Pre-entries at Nostalgie B&B, 74 Baron van Rheede str. until 21/01/2015. Online entries: [www.aswd.co.za](http://www.aswd.co.za)
2. Direct deposits and fax entries to 044 279 4003
3. **Banking details:** Run/Walk for Life Odn.  
ABSA Bank Acc. No: 924 098 6857  
Branch code: 632 005  
Fax proof of payment to: 044 279 4003
4. Late entries & registration Friday 23 Jan. 2015 from 17h00—19h00 at the Orhard Fine Foods & Deli in Schoemanshoek as well as Saturday morning 05:00—05:50
5. Race starts: 21.1KM - 06h00; 10KM - 06h05  
5KM - 06h10
6. Entry fees: 21.1km-R45; 10km-R35; 5km-R15
7. Prize Giving & lucky Draws: Straight after finish at Orhard Fine Foods in Schoemanshoek
8. Ablution: Orhard Fine Foods & Deli
9. First Aid available
10. Refreshments available at finish
11. Route—Gravel road, moderate
12. **Enquiries:**

Michelle: 071 3507 955

Sarita: 084 3702 018

Email: [gbleaton@telkomsa.net](mailto:gbleaton@telkomsa.net)

### Accommodation:

**De Oue Werf Guest House:** Tel: 044 272 8712

Email: [ouewerf@mweb.co.za](mailto:ouewerf@mweb.co.za)

**Schoemanshoek Manor:** Tel: 076 555 4888

**Photograher-Route:** Eddie Cronje Tel: 0842723386

Email: [eddie@wonderworldstudios.co.za](mailto:eddie@wonderworldstudios.co.za)

Website: [www.wonderworldstudios.co.za](http://www.wonderworldstudios.co.za)

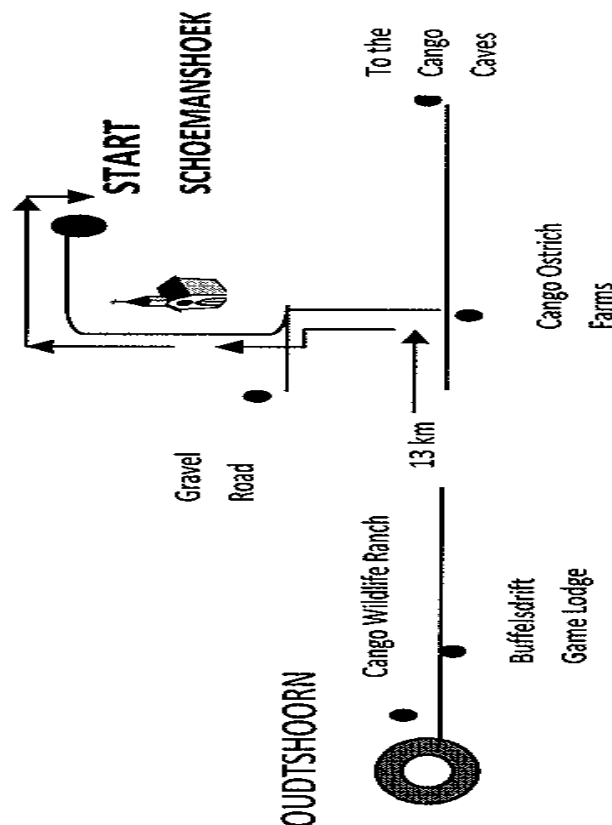
**Medals to all finishers in cut-off time(10&21.1km)**

**Gold medals to each category winner and silver medals to 2nd place in each category.**

***1st Athlete of Run Walk For Life Oudtshoorn Club on the 10km & 21 km will also receive a prize.***

## Prize Money for Category Winners: Equal Prizes to Male & Female winners

		10 km	21 km
Open	1 <sup>st</sup>	R250	R500
	2 <sup>nd</sup>	R150	R350
40 - 49	1 <sup>st</sup>	R100	R150
50 - 59	1 <sup>st</sup>	R100	R150
60 +	1 <sup>st</sup>	R100	R150
Juniors	1 <sup>st</sup>	R100	R150
Walkers	1 <sup>st</sup>	R100	R150



## RULES & REGULATIONS:

1. This race is held under the rules of ASA & 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 reserves the right to accept/ reject any entry received.
2. **CLUB COLOURS:** Athletes must participate in their correct club Colours and display the ASA 2014/15 license number on front and back of the vest. All other runners must display temporary numbers on front and back. No advertising allowed.
3. Minimum age for the 10km—15years, 21km—16 years, 5km—9 Years and older.
4. **Cutt-off time:** (10km-1h30 & 21.1km-3hrs) (21.1km walkers-3h30)
5. Distance markers will be placed every kilometer.
6. **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.
7. Athletes must give **proof of their age** at the request of the Race Referee. (Original ID / Birth certificate / Permanent Residence Permit)
8. **Water tables** every 3km's. Powerade available at finish.
9. **Safety Rule (ALL DISTANCES):** No Earphones (IAAF Rule 144.2b), Animals (ASA Rule 21.4.1) or Racers (ASA Rule 21.4.3) allowed.
10. **No seconding** from cyclists or private vehicles will be allowed on the route. Personal seconding will only be permitted within 1 m on either side of a refreshment station.
11. Athletes must **stay on right hand side of the road**, unless instructed differently.
12. No cyclists or private vehicles on route.
13. **ID Tag Rule:** Participants will be eligible for prizes in the OPEN category and the age category for which they have entered provided the relevant OFFICIAL ASWD 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**)
14. Walkers welcome
15. All competitors must comply with rules regulations and instructions given by officials, marshals + traffic officials. Non-compliance may lead to disqualification.

**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.