

RULES AND REGULATIONS

<p>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.</p>			
<p>Club Colours: Athletes must participate in their correct club colours and display the ASA 2014/15 license numbers on the front and back of the vest; All other runners must display temporary number on front and back of vest. No advertising allowed.</p>			
<p>Cut-off time: 10km = 2 HRS</p>			
<p>Distance markers: Will be placed at every kilometre.</p>			
<p>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.</p>			
<p>Refreshment Tables: Drinking / Sponging stations shall be provided at 3km intervals</p>			
<p>Road: 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>Safety Rule (ALL DISTANCES): No Earphones (IAAF Rule 144.2b), Animals (ASA Rule 21.4.1) or Racers (ASA Rule 21.4.3) allowed.</p>			
<p>Seconding: 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>Age Tags: 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. (Red age tag or Orange "W" tag)</p>			
Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R20 (adults) R5 (kids)	None	9 years
10km	R35.00	R30.00	15 years



**Pre-entries
closes on
Monday 26
Jan '15**



Rainbow Atletiek Klub

PRESENTS

**10KM & 5KM NITE RACE &
ASWD TRIAL 4**

**Late Entries
16h00 at
Top Gear ,
day of the
Race**

**WEDNESDAY: 28 JANUARY '15
TIME: 18:00**

**CONTACT: SIDWELL (078 395 8489) OR LEON (083 709 1866)
FREE ENTRIES 70+ CATEGORY**

START & FINISH: TOP GEAR SPORTS SHOP C/O HIBERNIA STR
TIME/TYD: 18:00
FEE: (10km): R35.00 **TEMP LIC: R30**
FEE: 5km (ADULTS) R20.00 (18:05) **KIDS R5**



This event is timed by electronic chip.NO CHIP NO TIME

INFORMATION

Pre-entries: Top Gear Cnr of Meade & Hibernia Street					
Registration and late entries: Top Gear Sports hop @ 16H00					
Transport: Own/Private					
Start: Top Gear @ 18H00					
Finish: Top Gear Sports Shop					
Ablution: Top Gear Shop					
Hand-outs: Lucky Prizes					
Medals: No Medals					
Prize giving: At the finish, Top Gear Shop at (20h00)					
Prize Money: Equal prize money for male and female athletes.					
	OPEN	40 – 49	50 – 59	60 +	JUNIORS
Position 1 st	R500	R200	R200	R200	R200
Position 2 nd	R350	R100	R100	R100	R100
Position 3 rd	R250				
Position 4 th	R150				
Position 5 th	R100				
1 st Walker(M/F)	R200				
1 st Rainbow (M/F)	R200				
Route: Map available at Registration					
First Aid: Available at start & on the route					
Welcome: Walkers / Wheelchairs					
Enquiries: Leon Rothman: 083 709 1866					

RACE TIMING: A 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

ADMIN USE
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							
PARTICIPATION AGE CATEGORY:							
JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60+							
Cheque made out to – [RAINBOW AC] P.O. Box, Town, Postal Code. Internet transfer to Bank, Branch Code, Account Number							
Race	Entry Fee		Temp Lic Fee		TOTAL		
Fun Run	R		None				
10km	R35.00		R30.00				
15km	R40.00		R30.00				
21.1km	R45.00		R30.00				
30km / 32km	R50.00		R30.00				

INDEMNITY I agree not to hold the Rainbow AC 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 Rainbow AC, the sponsor and the persons assisting in the organizing and holding of the race.

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Signature

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Date

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