

HOPE

Night Run / Walk

Rules

- No need to wear Club Clothing. | • Bring your torch. | • Only the event race number will be worn on the front of the vest. | • Immediate disqualification if a runner tampers with the route markings. |
- Immediate disqualification if a runner is caught littering. | • Immediate disqualification if a runner damages the trail or any vegetation. | • Runners need to be self sufficient. | • Please carry your own water on the route. | • Minimum age for entering the 10km is 15 years. | • No substitutions will be allowed. | • No refunds. | • 10km Athletes will pay an additional R20 for late entries on race day. | • Shuttle will close at 18:15 sharp on race day for a compulsory race briefing.

General

- Start: Botanical Gardens, Caledon Str, George. | • The cut-off for the race is 2 hours. | • First Aid is available at the start and the finish. | • Ablution facilities will be available at the Botanical Gardens. |
- ASWD Licenced athletes please take note: If you forget your chip you will have to pay R20 to loan one for the race. If you have lost your chip you will have to pay R50 for a replacement chip.

Entries

NO Cheques accepted.

By Hand: You can enter and pay at Tekkie Town - Garden Route Mall (George), or Top Gear in Meade Street George. Please keep the receipt as proof of your payment.

Registration

- This is a pre-entry event and late entries (if applicable) will be accepted at the Botanical Gardens from 17:15 - 18:15. • Pre Entries close on Wednesday 4 February 2015 at 16:00. • The registration to collect the race number will take place on Friday 6 February 2015 from 17:00 - 18:00 at the Botanical Gardens.

Prize Giving

- Prize Giving will be at 20:30 at the Botanical Gardens, George. | • Awesome lucky draw prizes and lots more. **Bring the whole family!**

Race Results

www.aswd.co.za

www.hopechurch.org.za

HOPE Church

Night Run / Walk

Friday 6 February 2015 @ 18:30

Botanical Gardens, 49 Caledon Str, George

Enquiries: 082 549 4272



Held under the rules of ASA and ASWD.

Entry Form: 10km, 5km and 3km

Entry Fee:

10km (Licenced Athletes): R35
10km (Unlicenced Athletes): R65
5km: R25
3km: R15

ADMIN USE ONLY

Chip Number

Walk Run Age

10km Trail Run Male
5km Trail Run / Walk Female
3km Trail Run / Walk

Indemnity: I agree not to hold Hope Church, Nedbank Runners Club, the Botanical Gardens or any other sponsors, or any person assisting in the organization 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, 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 the benefits of Hope Church, The Nedbank Runners Club, the Botanical Gardens, the sponsors and the persons assisting in the organization and holding of the race.

Signature _____

(Parent or guardian if under 18 years of age).

Entry fee is non-refundable and no substitutions are allowed.

Date _____

Prize Money 10km Trail Run

Positions	Men	Women
1	R400	R400
2	R300	R300
3	R200	R200

Online entries: www.entrytime.com

Medals to the first 500 participants.



Race Timing

A timing chip will be made available, on a loan basis, to all participants apart from ASWD licenced 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.

The Hope Church Night Run brought to you by:

