



Held under the rules of ASA & ASWD

# Prince Albert Town & Olive Festival Swartberg Pass Half Marathon

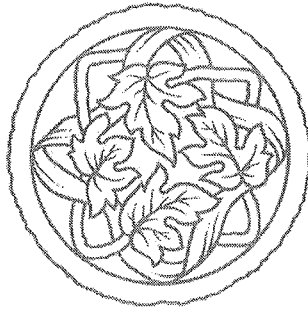


## 21.1km, 10km race and 5km fun run

### Prince Albert 1<sup>st</sup> May 2010 07h30

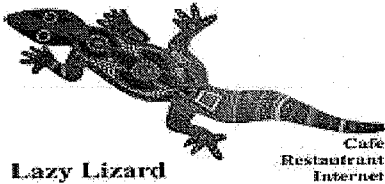
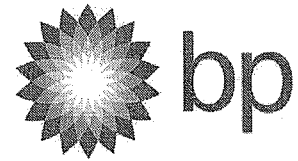
Aangebied deur Zwartberg Runners  
Presented by Zwartberg Runners

### Geborg deur / Sponsored by



# BERGWATER

V I N E Y A R D S



## National Garage

The 21.1km route goes deep into the spectacularly scenic Swartberg Pass. You will be running in the cool of the morning, gently uphill, between the twisted and contorted masses of Table Mountain sandstone cliffs, then more steeply uphill past the start of the 10km route, and then out of the Pass downhill to Prince Albert, finishing in front of the 7 Arches building on the main street. There will be category prizes. See also <http://www.zwartberg.com/runners/info.html>

*Accommodation during the event*

*Please contact the Lazy Lizard on 023 5411 379*

## Inskrywingsvorm / Entry Form      Swartberg pass Wedloop / race

Geslag/Sex	M	V/F	Wedloop / Race	21.1km	10km	5km		draf / run	stap / walk
			<b>Minimum age</b>	16 jr	15 jr	9 jr			

Athletes must give proof of their age at the request of the Race Referee. (ID / Birth Certificate / Permanent Residence Permit)

<b>Voornaam</b> First Name	<b>Van</b> Surname
<b>ID / BC / PR Nr.</b>	<b>Tel Nr.</b>
<b>Geb. Datum</b> D.O.B.	<b>Email</b>
<b>Oud. op Wedloopdag</b> Age on race day	<b>Klub</b> Club

<b>Adres</b> Address	
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<b>2010 Lisensie Nr.</b> Licence No.	<b>Provinsie</b> Province					
<b>Oud. Kat.</b> Age Cat.	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">Junior 10km: 15 - 19 &amp; 21.1km: 16 - 19</td> <td style="width: 25%;">Open 20</td> <td style="width: 25%;">Veteran 40-49</td> <td style="width: 25%;">Master 50-59</td> <td style="width: 20%;">Grand Master 60+</td> </tr> </table>	Junior 10km: 15 - 19 & 21.1km: 16 - 19	Open 20	Veteran 40-49	Master 50-59	Grand Master 60+
Junior 10km: 15 - 19 & 21.1km: 16 - 19	Open 20	Veteran 40-49	Master 50-59	Grand Master 60+		

Licence numbers must be displayed front and back of the vest. Category tags must be displayed front and back to qualify for prizes.

<b>Benodig Tydelike Lisensie</b> Need Temporary Licence	Ja Yes	Nee No						R 20.00
<b>Inskrywingsgeld</b> Entry fee	21.1km							R 35.00
	10km Entry fee							R 25.00
	10km & 21.1km vervoer/transport							R 10.00
	5km (no transport needed)							R 10.00
	T-shirt			XL	L	M	S	R 75.00
<b>Totaal / Total</b>								

Tjeks / Cheques: Swartberg Runners, P.O. Box 2, Prince Albert, 6930      Faks a.s.b. Inskrywingsvorms & depositostrokies na      086 551 0465  
 Direkte Inbetalings / Direct Deposits:      Please fax entry form & deposit slip/proof of payment to 086 551 0465  
 Standard Bank, Oudtshoorn      branch code 050514      Internet inskrewings / entry: [www.entrytime.com](http://www.entrytime.com) .  
 Swartberg Runners      Acc.Nr. 280132700      Closing date for internet entries is Wed 28<sup>th</sup> April.

Entries may be handed in at the Lazy Lizard. Postal/fax entries must arrive by Friday 30<sup>th</sup> April. Late entries accepted before the race 05h30-06h00 at the Lazy Lizard, and of course up until Friday evening at the Lazy Lizard. Pre-order T-Shirts on this form.  
 Medals for all who complete the 10 & 21.1km races before the cutoff (10h30).  
 Transport from the 7 Arches building (on the main street not far from the hotel) to the start of the 10km and 21.1km races leaves at 06h30. Distance markers will be placed every km. Water stations every 3km. Water and Coke available at the finish. Ablution is available courtesy of the Olive Festival. First-aid will be available.  
 Start of the 21.1km race is a few km into the Swartberg Pass road at 07h30. Start of the 10km race is also at 07h30 just after the half-way point of the 21.1, deep in the pass. Finish is at 7 Arches. Cutoff and prize-giving presentation time is 10h30. The last 4km is tar road, the rest dirt.  
**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.  
**Club Colours:** Athletes must participate in their correct club colours and display the ASA 2010 license numbers on the front and back of the vest. All other runners must display temporary number on front of vest. No advertising allowed.  
**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.  
**Proof of Age:** Athletes must give proof of their age at the request of the Race Referee. (Original ID / Birth Certificate / Permanent Residence Permit)  
**Road:** Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.  
**Safety:** No earphones, animals or racers (push-cart / buggy) allowed.  
**Seconding:** No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding will only be permitted within 100m on either side of a refreshment station.  
**Tags:** An athlete is not eligible for a prize in more than one category, i.e. an athlete is only eligible for a prize in the age category applicable to him / her or the younger category chosen by him / her provided he / she is wearing the relevant age category ID tag.  
 Swartberg Runners contact: 023 5411 462 fax: 086 551 0465  
 Prince Albert tourism contact: 023 5411 366 fax: 023 5411 788

**Prizes:** All prizes will be awarded to men and women as separate categories, with identical prizes for men and women. Prize-giving at 10h30.

		Prizes for each category: Veterans to 40-49, Masters 50-59, and Grandmaster 60+:				Winners in the Juniors and walkers categories:		
	21.1km	10km		21.1km	10km		21.1km	10km
Overall 1 <sup>st</sup>	R250	R100	1 <sup>st</sup> prize	R150	R75	1 <sup>st</sup> prize	R75	R50
Overall 2 <sup>nd</sup>	R150	R75	2 <sup>nd</sup> prize	R100	R50	2 <sup>nd</sup> prize	R50	R50
Overall 3 <sup>rd</sup>	R100	R50						

Ek verklaar dat ek 'n amateur is en dat ek deelneem op my eie risiko en ek vrywaar die organiseerders en borge van hierdie wedloop van enige eis wat mag voortspuit uit my deelnaam.  
 I declare that I am an amateur and that I shall participate at my own risk and that I exempt the organisers and sponsors of this race from any claim which may result from my participation.

.....  
 Handtekening van deelnemer, Signature of participant      Ouer/voog/idiën onder 18 JR, Parent/Guardian if under 18 Yr