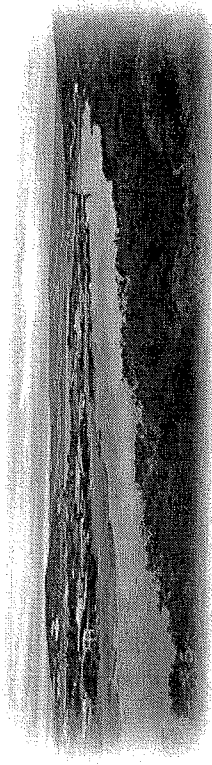


GENERAL INFORMATION

- Entries: Saturday 05h30 – 06h50 at Primary School Vorentoe, Sports grounds
- The Half marathon and 10 km event will start at 07h00.
- Start / Finish: Sports grounds, Primary School Vorentoe.
- Medals: Gold for category winners
Silver: 30 in the 21.1km and 20 in the 10km
Bronze: All athletes that finish the race in the cut off times.
- **5km Fun Run/ Walk** starts at **07:15**. No temporary license needed.
Entry fee R10.00
- Prize giving will start at 10h15
- Entry Fee: R35.00 – 21.1 Half marathon
R25.00 – 10km
R10.00 - 5km Fun Run
R20.00 – Temporary Licence
- 21.1km will be the ASWD Trials
- Enquires : Jacob Karelse 073 383 8409

Great Brakriver Half Marathon and 10Km & 5 Km Fun Run

Presented by
Mossel Bay Harriers



20 March 2010 - 07H00

Laerskool Vorentoe, Sports Grounds

WALKERS WELCOME / STAPPERS WELKOM

21.1km ASWD TRIALS



PRYSE / PRIZES (Mans en Dames)

	21.1km		10km	
	Male	Female	Male	Female
Open	R200	R200	R100	R100
	R150	R150	R75	R75
	R100	R100	R50	R50
40 – 49	R100	R100	R50	R50
	R50	R50	R50	R50
50 – 59	100	R100	R50	R50
60 +	R100	R100	R50	R50
16 – 19	R100	R100	R50	R50
Walker	R100	R100	R50	R50

GELUKKIGE TREKKINGS / LUCKY DRAWS

HELD UNDER THE RULES OF ASA AND ASWD

ENTRY FORM

SURNAME			
FIRST NAME			
MALE		FEMALE	
ADDRESS			
CELLPHONE NR			
CLUB			
DATE OF BIRTH		AGE	
ID / BC / PR NUMBER			
ASWD Temp Nr		RUNNER	
LICENSE NR 2010		WALKER	
PROVINCE			
EMAIL			
ADDRESS			
EMERGENCY Contact / Cell			
PARTICIPATION CATEGORY: (Select one)			
JUNIOR / OPEN / 40 - 49 / 50 - 59 / 60+			
Race	Entry Fee	Temp Lic Fee	TOTAL
Fun Run	R10.00	None	
10km	R25.00	R20.00	
21.1km	R35.00	R20.00	

INDEMNITY I agree not to hold the Mossel Bay 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 the Mossel Bay Harriers, the sponsor and the persons assisting in the organizing and holding of the race.

.....
Signature **Date**

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

RULES AND REGULATIONS

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

Cut-off time: 10km = 2 hrs 21.1km = 3 hrs 30min

Distance markers: Will be placed at every kilometre

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)

Refreshment Tables: Drinking / Sponging stations shall be provided at every 3km intervals (Min 2.5km - Max 3.5km apart), or more frequently if weather conditions warrant such provision. Water and other suitable refreshments shall be available at the start and finish of all races.

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.

Prize giving: Athletes are responsible to collect their own prize money or make an alternative arrangement with the Event Organizer.

Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R10.00	None	9 years
10km	R25.00	R20.00	15 years
21.1km	R35.00	R20.00	16 years