

REÛLS EN REGULASIES

Gehou onder die reëls van ASA en ASWD. Alle deelnemers moet hou by die reëls, regulasies en instruksies van die beamptes, veldbeamptes en verkeersbeamptes. Oortredings mag lei tot diskwalifikasie. Die Wedloopkeidsregter se besluit is final. Die Wedloopkeidsregter behou die reg voor om enige inskrywing te aanvaar of af te wys.

Klubkleure: Atletes moet in hul korrekte klubkleure deelneem en die ASA 2012 lisensienommer aan die voor- en agterkant van die frokkie vertoon. Alle ander atletes, ongeslisensieerde atletes ingesluit, moet 'n tydlike nommer voor en agter op hul frokkie vertoon. Geen advertering word toegelaat nie.

Afsnytyd: 3Km = geen afsnytyd; 10Km = 1½ uur; 21.1Km = 3 uur.

Afstandsmarkers: Sal geplaas word.

Buitelandse Atletes: Alle buitelandse atlete moet hou by IAAF reël 142 en 4.2. Buitelandse atlete moet 'n brief van hul onderskeie federasies toon wat hulle toelaat om deel te neem op die wedloopdag.

Bewys van Ouderdom: Atlete moet bewys lewer van hul ouderdom op versoek van die Wedloopkeidsregter. (Oorspronklike identiteitsdokument / Geboortesertifikaat / Permanente Verbyfsperrmit).

Waterpunte: sal elke 3km voorsien word. Powerade by eindpunt. Verskeie stallejies by Die Vleie Kontreibasaar.

Pad: Atlete moet te alle tye aan die regterkant van die pad bly behalwe waar anders aangewys word deur veldbeamptes en verkeersbeamptes.

Veiligheid: Geen oarfone (IAAF Reël 144.2b), diere (ASA Reël 21.4.1) of RACERS (ASA Reël 21.4.3) word toegelaat nie. Babastootwaentjies word slegs op die 3km roete toegelaat.

Ondersteuning: Geen ondersteuning deur fietsryers of private voertuie word op die roete toegelaat nie. Persoonlike helpers word slegs toegelaat binne 1 meter van elke kant van 'n verversingspunt.

Identiteits-etiket: 'n Atleet is nie geregtig op 'n prys in meer as een kategorie nie, d.w.s. 'n atleet is slegs geregtig op 'n prys in die ouderdomskategorie toepaslik op hom/haar of in die jonger kategorie soos deur hom/haar verkies, op voorwaarde dat hy/sy die toepaslike kategorie se identiteits-etiket dra.

Wedren/Race	Inskrywingstoel Entry Fee	Tydelike Inskrywingstoel Temp Entry Fee	Min. ouderdom Minimum age
Pre/floop/Stop 3km	R10.00	Geen	Geen
Fun Run/Walk 3km	R30.00	R25.00	15 jaar
10Km	R40.00	R25.00	16 jaar
21.1Km			

RULES AND REGULATIONS

Field under the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials, marshals and traffic officers. 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 2012 license numbers on the front and back of the vest. All other runners, including unlicensed runners, must display a temporary number on the front and back of their vests. No advertising allowed.

Cut-off time: 3Km = no cut-off time; 10Km = 1½ hrs; 21.1Km = 3 hrs. **Distance markers:** Will be placed.

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).

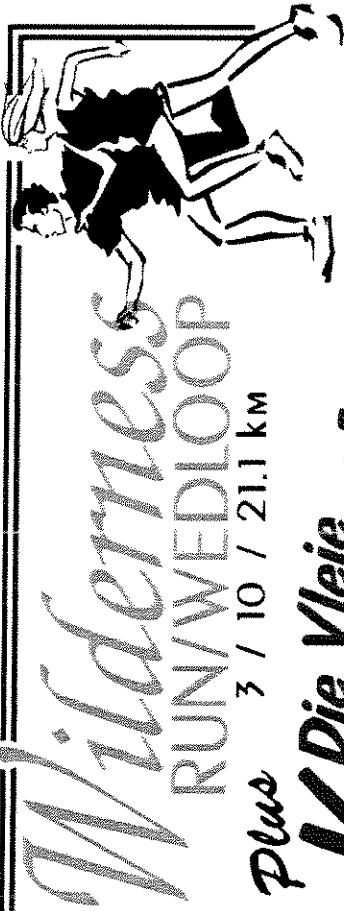
Refreshment Tables: Drinking stations shall be provided at 3km intervals. Powerade at finish. Many stalls and refreshments at Die Vleie Bazaars.

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 (IAAF Rule 144.2b). Animals (ASA Rule 21.4.1) or Racers (ASA Rule 21.4.3) allowed. Baby Joggers only allowed on 3Km.

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.

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.

Identiteits-etiket: A runner is not eligible for a prize in more than one category, i.e. a runner 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.



Wilderness RUN/WEDLOOP

Plus 3 / 10 / 21.1 km

Die Vleie Kontreibasaar

SATERDAG 26 MEI 2012 08:00
SATURDAY 26 MAY 2012

NG KERKTERREIN DIE VLEIE, KERKSTRAAT
DR CHURCH DIE VLEIE, KERK STREET
HOEKWIL

Aangebied deur: New Balance Multisport Club - Eden

Presented by: NG Kerk Die Vleie - Hoekwil

Geborg deur:
Sponsored by: Anton le Roux Groothandelaar [Edms] Bpk

Wedloop Navrae: Juan Botes: 071 678 7147 / juan@botes.net

Run Enquiries: Delanie de Jong: 072 289 8034

delanie@jong@mtlloaded.co.za

Foot/Fee: 3Km = R10; 10Km = R30; 21.1Km = R40; Temp. No. = R25

Sluiting van Pos- en Internet- Voorafinskrywings: Woensdag 23 Mei
Closing of Postal and Internet Pre-entries: Wednesday 23 May

Baby Joggers welcome on 3 Km

No dogs allowed - Geen honde toegelaat

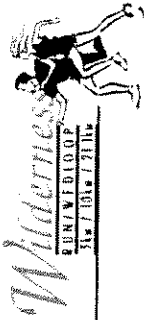
Verbyf Navrae: www.dievleie.co.za

Accommodation Enquiries:

*Gehou onder die reëls van ASA en ASWD
Held under the rules of ASA and ASWD*

Inskrywingsvorm

Entry Form



VAN SURNAME:		VOORNAAM:	
FIRST NAME:		FIRST NAME:	
GESLAG:	<input type="checkbox"/> MANLIK <input type="checkbox"/> VROULIK	GENDER:	
ADRES:		ADDRESS:	
ADDRESS:		ADDRESS:	
SELFOON Nr.:	TEL. Nr.:	CELL PHONE No.:	
E-POS ADRES:		E-MAIL ADDRESS:	
NOOD: Kontak:	Selfoon Nr.:	EMERGENCY Contact:	
KLUB:		PROVINSIE:	
CLUB:		PROVINCE:	
ID / BC / PR Nr.:	Geboortedatum:	ID / BC / PR No.:	
LISENSIE Nr. '12:		OUDERDOM:	
LICENCE No. '12:		AGE:	
KATEGORIE VAN DEELNAME: (Merk een)		Junior	40-49
PARTICIPATION CATEGORY: (Select one)		Open	50-59
AFSTAND: (Merk een)		3km = R10	10km = R30
DISTANCE: (Select one)		21km = R40	Temp. = R25
Inskrywingsfooi/Entry Fee		R	
Tydelike Lisensiefooi/Temp Licence Fee		R	
TOTAAL/TOTAL R			
<small>IDENTIFIETY: I agree not to hold the New Balance Multiclub Sport - Eden, the DR Church Die Viole 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 New Balance Multiclub Sport - Eden, the sponsor and the persons assisting in the organizing and holding of the race.</small>			
Handtekening/Signature		Ouer/Voog (indien onder 18 jaar)	
Datum:		Parent/Guardian (if under 18 years)	
Date:			

PADWEDLOOP INLIGTING / RUN INFORMATION

Voorafinskrivings: NG Kerksaal, Hoekwil, Vrydagoggand 25 Mei tussen 17:00 en 19:00
Pre-entries: NG Church Hall, Hoekwil, Friday 25 May, between 17:00 and 19:00
 Vooraf Pos- en internetinskrivings sluit: Woensdag 23 Mei 2012.
 Closing for Postal and Internet Pre-entries: Wednesday 23 May 2012.

Registrasie en laafinskrivings: Registrasietent, Kerkterrein, Saterdag om 06:30
Registration and late entries: Registration Tent, Church Ground, Saturday at 06:30
Wegspring: Kerkstraat, Hoekwil om 08:00
Start: Church Street, Hoekwil at 08:00.
Eindpunt: Kerkgronde.
Finish line: Church ground.

Medaljes: Medaljes aan alle deelnemers wat die padwedloop voltooi binne die afsnytyd.

Medals: Medals to all participants who finish the race within the cut-off time.
Goud = Eerste Kategoriewenner / Gold = First Category Winner.
Silver = Eerste 50 atlete in 10/21km / First 50 athletes in 10/21km.
Bronze = Alle atlete daarna / Bronze = All athletes thereafter.

Prysgeld: **Prize money:**

Posisie/Position	1	3rd	1	1	1	1	1
OPEN	40-49	50-59	60+	JUNIORS	WALKERS		

Gelyke prysgeld vir vroulike en manlike atlete.
 Equal prize money for male and female athletes.

Prysluitdeling: 1100 teerblad voor kerksaal.

Prize giving: Atlete is verantwoordelik vir die afhaal van hul eie prysse of reëlings kan getref word met die Wedloop-organiseerders.

11:00 on tarred road in front of church hall.

Athletes are responsible to collect their own prize money or make to an alternative arrangement with the Event Organiser.

Roetes: 21Km = Sirkelroete grootliks grondpad, plase, teerpad tot ferug by kerk
Routes: 10Km = Uit-en-terugroete op teerpad.

3Km = Uit-en-terugroete op teerpad.

Die organiseerder behou die reg voor om die roete te verander indien nodig./The organiser can change the route at their own discretion.

Welkom: Stappers op alle roetes. Babasvoetwaentjies siegs op die 3km-roete.
Welcome: Walkers on all routes. Baby-joggers only on the 3km route.

Akkommodasie: Besoek www.dieviele.co.za

Accommodation: Visit www.dieviele.co.za

Navrae: Juan Botes: 071 678 7147 / juan@botes.net

Enquiries: Delanie de Jong : Sel: 072 289 8034; delaniejong@mfloaded.co.za

Inskrywings: 1. Stuur die voltooid inskrywingsvorm plus inskrywingsgeld aan:

Entries: Posbus 500, Wilderness 6560.

Tjeks betaalbaar: New Balance Multisport Club

Send the completed Entry Form with the Entry fee to

PO Box 500, Wilderness 6560

Cheques payable to: New Balance Multisport Club.

2. E-pos die voltooid inskrywingsvorm + bewys van betaling aan:
 E-mail the completed Entry form + proof of payment to:

delaniejong@mfloaded.co.za

Bank : FNB Rekening nommer : 62312189328 Takkode : 210114

Rekening naam : New Balance Multisport Club

Verw.: Naam en afstand / Ref.: Name and distance