

RULES & REGULATIONS:

1. This race is subject to the rules of ASA and ASWD.
2. In both events all licensed Athletes must participate in their correct club colours and display the ASA 2011/2012 license number on front and back of the vest. All other runners must display temporary numbers ON THE FRONT AND BACK of the vest.
3. Temporary licenses available at the Cost of R25 for both events.
4. Minimum age for the 10km-15yrs, 21km-16 yrs, 5km—9 years and older.
5. Water tables every 3km's. Powerade at finish.
6. No earphones, animals or racers, (pushcart / buggy) allowed.
7. No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding will only be permitted within 1 m on either side of a refreshment station.
8. Athletes must give proof of their age at the request of the Race Referee. (Original ID / Birth certificate / Permanent Residence Permit)
9. Distance markers will be placed every km.
10. Cut-off time (10km-1h45 & 21-3hrs) (21km walkers-3h30)
11. Athletes must stay on right hand side of the road, unless instructed differently.
12. No cyclists or private vehicles on route.
13. Age group category tags + walkers tags must be worn visibly front & back to qualify.
14. Walkers welcome
15. All competitors must comply with rules regulations and instructions given by officials, marshals + traffic officials. Non-compliance may lead to disqualification.

ABOUT:



The Orchard Fine Foods Market... An Apricot Orchard situated in Schoemanshoek, with majestic views of the Swartberg Mountains, is the venue of Fresh Farmers Markets. This unique venue is selling delicious deli products, local foods at stalls and wines where customers can sample top quality products under the shade of apricot trees. Donkey car rides, horse riding, a jumping castle and farm animals will entertain children while mom and dad can nibble their way through this gastronomic experience. Performing: Music artist set the perfect background which promises to be out of this world. Evening Market is more socially... BIG FIRES, country evenings and beautiful open skies and stars, nice music, Food & KARUSA Wine... Come and enjoy, unwind after the week of hard work. This is a great way to start the weekend with special friends and family... Entertainment for the kids.

Contact Information for accomodation:

De Quewerf Guest House Tel: 044 2728712
Schoemanshoek Manor Tel: 044 2728712

Events:

On Friday 27 January 2012 an Evening Market will be held. Late entries can be done from 17:00 - 20:00. On Saturday morning, 27 January - day of race, there will be a day market. Prize Giving will take place at the Market after the race.



PRESENTS:
SCHOEMANSHOEK RACE
in association with:



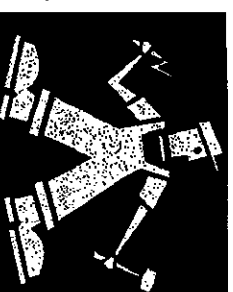
Half Marathon (21km)
10 km Race
5km Fun Run

Saturday 28 January 2012

Place: Schoemanshoek
Start Time: 06H00

Fee / Fooi: 21km- R40
10km- R30
5 km- R15

Sponsored by:
Pennypinchers



ENTRY FORM:

GENERAL INFORMATION:

Prize Money for Category

Winners:

Equal Prizes to Male & Female winners

	10 km	21 km
Open	1st R 250	R 500
	2nd R 150	R 350
	3rd R 100	R 200
40 - 49	1st R 75	R 100
	1st R 75	R 100
	1st R 75	R 100
50 - 59	1st R 75	R 100
	1st R 75	R 100
	1st R 75	R 100
60+	1st R 75	R 100
	1st R 75	R 100
	1st R 75	R 100
Juniors	1st R 100	R 150
	1st R 100	R 150
	2nd R 50	R 100
Walkers	1st R 50	R 100
	1st R 50	R 100
	2nd R 50	R 100

SURNAME: _____

FIRST NAME: _____

GENDER: MALE FEMALE AGE _____

ID. NUMBER: _____

CELL: _____

EMAIL ADDRESS: _____

ADDRESS: _____

PROVINCE: _____

ATHLETIC CLUB: _____

Do you require a temporary number: Yes No

2011/2012 Licence number: _____

Runner: Walker: 10km R40: 5km R15:

Categories

Junior to 19	Entry fee:	R _____
Open	Temp. Licence:	R 25.00
Veteran 40-49	Total:	R _____
Masters 50-59		
Grand Masters 60+		

Indemnity: I agree not to hold RWFL or any other sponsors, or any persons assisting in the organization of holding of the race liable, which I may suffer directly as a result of participation in the race, or any damages to my property which I may suffer directly as a result of participation of the race. I confirm that his special agreement is entered into for the benefit of RWFL, the sponsor and the persons assisting in the organizing and holding of the race.

Parent/Guardian (if under 18) _____

Signature _____

1. Pre-entries @ enteronline.co.za & at Nostalgie B&B, 74 Baron van Rheede str. Untill 27/01/2012.

2. Direct deposits and fax entries to 086 650 8214

3. **Banking Details:** Run/Walk for Life SWD
Absa Bank: Acc No: 924 098 6857
Branch Code: 632 005
Fax proof of payment: 086 650 8214

4. Late entries & registration: Friday, 27 Jan. 2012 from 17:00 - 20:00 at the Orchard Fine Foods Market in Schoemanshoek as well as Saturday morning from 05:00 - 5:45

5. Race starts: 06:00
6. Entry Fees: 21km R40; 10km R30; 5km R15

7. Prize Giving & lucky draws: 09:30 at the Orchard Fine foods market in Schoemanshoek.

8. Ablution: Orchard Fine Foods & Deli
9. First Aid Available
10. Refreshments available at finish

11. Route - Gravel road, moderate to challenging.

12. **Enquiries:**
Geraldine Loftie-Eaton
Work: 044 279 1636 Fax: 086 650 8214
Cell: 082 577 9695 Email: slaboptical@etime.co.za

13. **Accommodation:**
De Ouewerf Guest House Tel: 044 2728712
Schoemanshoek Manor Tel: 044 2728712

14. **Photographer on route:**
Eddie Cronjé Tel: 084 272 3386
Website: www.wonderworldstudios.com
Email: eddie@wonderworldstudios.co.za

**Medals to only the 21km & 10km finishers.
Gold medals to each category winner and
silver medals to 2nd place in each category.**

