

PINE LODGE



Accommodation available at Resort

Telephone: 044 871 1974
 Fax: 044 871 5150

Presents Bied Aan

5km entry fee: R15-00
 @07:10AM
 Navarae:
 Jimmy 0738038948



Rainbow Atletiek Klub

15km / 5km

SATURDAY 4 FEBRUARY 2012

START /FINISH:

1ste 200 Atlete kry medaljes/trofees (15km)
 1ste 80 Atlete kry medaljes (Fun Run /5km)

Pine Lodge. (cnr Knysna / Saasveld Rd)

TIME/TYD:

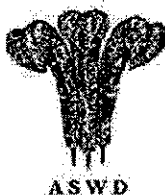
07:00

FEE/FOOI: (15km):

R35.00

FEE/FOOI (5km):

R15.00 (7:10)



Rules and regulations

Held under the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by the officials, marshals and traffic officials. Non-compliance may lead to disqualification. The race referee's decision is final. The race organizer reserves the right to accept/reject entry received.

Club colours: Athletes must participate in their correct club colours and display the ASA 2011 license numbers on the front and back of the vest. All other runners must display temporary number on front and back of vest. No advertising allowed.

Cut-off time: 15km 2 1/2 hrs

Distance markers: Will be placed at every kilometre.

Foreigners: All foreign athletes must comply with IAAF rule 1.4.2 and 4.2. foreign athletes must be able to produce letter from their respective federation permitting them to participate on race day.

Proof of age: Athletes must be able to produce proof of age at the requested of race referees (Original ID, Birth Certificate, Permanent Residence Permit)

Minimum Age: 10km - 15+ ; 5km - 9+

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 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 marshal or traffic officer.

Safety: No earphones (IAAF Rule 14.4.2b), Animals (ASA Rule 21.4.1) or racers (ASA Rule 21.4.3) allowed.

Seconding: No seconding by cyclists or private vehicles will be allowed on the route. Personal seconding will only be permitted within 1m on either side of refreshment stations.

Tags: An athlete is not eligible for a prize in more than one category. 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 that he/she is wearing the relevant age category ID tag.

Temporary Licences: Will be available to runners at the cost of R25

Registration: Friday, 3 Feb 19:00 - 21:00 and Saturday, 4 Feb 2012

Venue and Time: Pineledge, 05:30

Finish: Pineledge

Ablution

Enquiries: Jimmy 073 803 8948

Hand-outs: Lucky draw

Medals: Medals/ trophies to all finishers who completes the race before cut-off time.

Prize giving: Athletes are responsible to collect all their own prize money or make alternative arrangements with the Event Organizer

Prize Money: Specify various categories that will receive prize money. Equal prize money for male and female athletes. Prize for disabled athletes will only be awarded if there are three or more athletes racing in the same specification category. E.g:

	OPEN	40-49	50-59	60	JUNIORS
Position 1	1	1	1	1	1
Position 2					2
Position 3					

1st Walker (Male / Female)

1st Rainbow

Route: MAP AVAILABLE AT REGISTRATION

First aid: Will be available at start / on route.

Welcome: Walkers

ENTRY FORM

SURNAME			
FIRST NAME			
MALE	FEMALE		
ADDRESS			
CELLPHONE NR			
CLUB			
DATE OF BIRTH	AGE		
ID / BC / PR NUMBER			
TEMP NR	RUNNER		
LICENSE NR	WALKER		
2012			
PROVINCE			
EMAIL ADDRESS			
EMERGENCY			
CONTRACT / CELL			
PARTICIPANT CATEGORY : (select one)			
JUNIOR / OPEN / 40 - 49 / 50 - 59 / 60+			
RACE	ENTRY FEE	TEMP LIC FEE	TOTAL
5KM	R15-00	NONE	R16-00
15KM	R35-00	R25-00	R60-00

IDEMINITY I agree not to hold RAINBOW ATHLETIC CLUB or any other sponsors, or any persons assisting in the organizing 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 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 RAINBOW ATHLETIC CLUB, the sponsors and the persons assisting in the organizing and holding of the race.

.....
Signature

.....
Date

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