

# ADMIN USE

CHIP NO \_\_\_\_\_

TEMP NO \_\_\_\_\_

SURNAME \_\_\_\_\_

FIRST NAME \_\_\_\_\_

PROVINCE LIC NO 2019 \_\_\_\_\_

DATE OF BIRTH dd mm yyyy AGE \_\_\_\_\_

MALE \_\_\_\_\_ RUNNER \_\_\_\_\_

FEMALE \_\_\_\_\_ WALKER \_\_\_\_\_

CLUB \_\_\_\_\_

ADDRESS \_\_\_\_\_

CELLPHONE NR \_\_\_\_\_

ID / BC / PR NUMBER \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

EMERGENCY  
Contact / Cell \_\_\_\_\_**PARTICIPATION AGE CATEGORY:**

JUNIOR / OPEN / 40-49 / 50-59 / 60-69 / 70+

Race	Entry Fee	Temp Lic Fee	Minimum Age	TOTAL
21.1KM	R65.00	R35.00	16 years	
10KM	R55.00	R35.00	14 years	
Fun Run	R35.00	None	9 years	

**INDEMNITY / DISCLAIMER** By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organizers of the event, all sponsors, persons and organizations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

Minor Release: and I the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

Printed name of participant (parent/guardian in the case of a minor)

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


# Outeniqua Harriers



Welcome: Walkers | Enquiries: Kosie Zondagh 082 487 7157

# UNIONDALE POORT

<< 21.1km • 10km • FUN RUN >>



## At 06:45am on Saturday 2 March 2019

### Uniondale Show Grounds

### Van Riebeeck Street, Uniondale



**HELD UNDER THE RULES OF  
ASA AND ASWD AND IAAF**



This event is timed by IPICO timing chip. NO CHIP TO TIME

# 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 reserves the right to accept / reject any entry received.

**Club Colours:** Athletes must participate in their correct club colours and display the ASA 2019 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 = 1 ½ hrs OR 21.1km = 3 hrs

**Distance markers:** Will be placed at every kilometre. Foreigners: All foreign athletes must comply with IAAF rule 142.2 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. (SA ID/Passport/Drivers License/Refugee Permit/Birth Cert)

**Race numbers:** As provided by organisers. Front and/or back. Placed over permanent or temp no./s in manner that ASA License Sponsor and ASA Province / Year is visible above the race number. (ASA Rule 26.1.6)

**Refreshment Tables:** Drinking / Sponging stations shall be provided at 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 Rule (ALL DISTANCES):** No Earphones (ASA Rule 34.10.6), Animals (ASA Rule 34.10.1), Racers (ASA Rule 34.10.3), or Wheelchairs (ASA Rule 34.10.4) allowed.

**Seconding:** No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding, stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 34.8.2)

**Age Tags:** Participants will be eligible for prizes in the **OPEN** category and the age category for which they have entered provided the relevant **OFFICIAL ASWD** age category tag or junior tags is displayed, visible and above license number, front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. . **(Red age tags/white background (ASA Rule 22.9))**

HELD UNDER THE RULES OF ASA AND ASWD AND IAAF



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## INFORMATION

**Registration and late entries:** : Enter online at [www.aswd.co.za](http://www.aswd.co.za) From 5:20am (05h20) to 6:20am (06h20) on Saturday 2 March 2019 at Uniondale Show Grounds Bar, Van Riebeeck Street. Pre-entries can be Top Gear Sports, Cnr. Meade and Hibernia Str. and Uniondale NG Church Hall, Hood Str.  
**Pre-entries close Wednesday 27 February 2019 at 12h00**

**ASWD Licensed athlete take note:** Forget your IPICO chip - you will have to pay R20 to loan one for the race. Lost your chip - you will have to pay R75 for a replacement chip.

**Start:** 21km - Uniondale Show Ground, Van Riebeeck Street at 6:45am (06h45)  
10km - Uniondale Poort entrance on Langkloof side. Athletes will be taken to the start at 6:30am (06h30) by truck from the show grounds.

**Finish:** Uniondale NG Church grounds, Hood Street Uniondale

**First Aid:** On the road and at the Venue

**Hand-Outs:** Lucky Prizes

**Medals:** Medals to all finishers who complete the race within the cut-off time. Gold to Category Winners and Bronze to all other finishers.

**Prize giving:** At finish 09:30. Athletes are responsible to collect their own prize money or make an written arrangement with the event organizer. Failing which prize money is forfeited. (ASA Rule 2.10)

**Camping:** Camping will be available at Uniondale Showgrounds for Friday night 1 March 2019 ONLY at R60pp. To book contact Kosie Zondagh at 0824877157 or uniondalepoort10@gmail.com

**RACE TIMING:** An IPICO timing chip will be made available, on a loan basis, to all participants apart from ASWD licensed athletes who are to use their current personalised chips. The chip is to be worn on your shoe for the duration of the event. The loan chips are to be handed back at the end of the race in exchange for a medal. Participants will be held responsible for lost or damaged chips or those not handed back as required. It remains your responsibility to return the chip to the race organizer even in the event of not completing the race.

### PRIZE MONEY

	OPEN	40-49	50-59	60-69	70+	Junior
<b>10KM</b>						
Position 1	R300	1 R100	1 R100	1 R100	1 R100	1 R100
Position 2	R200					
Position 3	R150					
<b>21.1KM</b>						
Position 1	R450	1 R150	1 R150	1 R150	1 R150	1 R150
Position 2	R250					
Position 3	R200					

**NO PRIZE MONEY FOR FUN RUN**