

RULES

1. Minimum age on race day is 14 years for the 10km and 16 years for the 21.1km. | 2. Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers. | 3. 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) | 4. Athletes must participate in their correct club colours and display the ASA 2018 license numbers on the front and back of the vest. All other runners must display temporary number on front of vest. No advertising allowed. | 5. 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) | 6. Athletes must give proof of their age at the request of the Race Referee. (SA ID/Passport/Drivers License/Refugee Permit/Birth Cert) | 7. 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. | 8. 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. | 9. The race is 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 organiser reserve the right to accept / reject any entry received.

GENERAL

1. Start and finish: Four Brothers Potato Store (R404 – between airport and Blanco). | 2. Drinking stations shall be provided at every 3km intervals or more frequently if weather conditions warrant such provision. Powerade shall be available at the finish. | 3. Distance markers will be placed at every kilometer. | 4. The cut-off time for the 10km is 2 hours and for the 21.1km 3hours 30 minutes. | 5. First aid is available at the start and the finish. | 6. Ablution facilities will be available at Four Brothers Potato Store. | 7. ASWD Licensed athlete take note: Forget your 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.

ENTRIES

Online Entries: www.entrytime.com

By Hand: Sportscentre York Street and Eden Meander Mall, George. Top Gear Sport.

Pre-entries close on 23 October 2018.

REGISTRATION

Late Entries will be accepted on 26 October 2018 from 16h30 till 18h00 at Sportscentre York Street George.

NO RACE DAY ENTRIES FOR ALL RACES

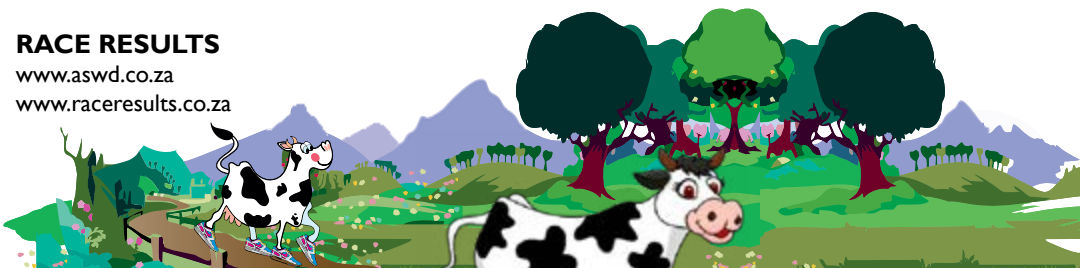
PRIZE GIVING

1. Prize Giving will take place at 10h30 at Four Brothers Potato Store (R404 – between airport and Blanco). | 2. Athletes are responsible to collect their own prize money or make alternative written arrangements with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.10)

RACE RESULTS

www.aswd.co.za

www.raceresults.co.za



THE FARM RUN

27 October 2018


sportscentre
aspire aim achieve



10km & 21.1km at 07:00

5km Fun Run - Start at 07h10



Start & Finish: Four Brother Potato Store (R404 – between airport and Blanco)

www.entrytime.com

Enquiries: 083 376 7414 or 083 477 4780

Late entries:

Late entries on 26 October 2018 from 16:30 till 18:00 at Sportscentre

NO RACE DAY ENTRIES



www.nedbankrunningclub.co.za

Held under the rules
of ASA, ASWD and IAAF



NATIONAL LOTTERIES COMMISSION
LOTTO FUNDED

This event is timed by
an electronic chip
NO CHIP
NO RESULT



ENTRY FORM: 5, 10km and 21.1km ENTRY FEE:

10KM Licensed Athlete R55

10KM Unlicensed Athlete R90

21.1km Licensed Athlete R65

21.1km Unlicensed Athlete R100

5km Fun Run R30

R35 temp license is included for unlicensed athletes

Late entries on 26 October - Add R10

ADMIN USE ONLY

Chip Number

Temp Number

Surname	First Name
ID Number	Date of Birth
Telephone	Cell Number
E-mail	
Club Name	2018 License no
Province	

10 km 21.1 km Run Walk Male Female

AGE CATEGORY

Junior Open 40-49 50-59 60-69 70-79 80+

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 physical nature of this sporting event. 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.

Signature _____ Date _____

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 _____

Prize Money 10km Run

Position	Men/Women Open	Men/Women 40-49	Men/Women 50-59	Men/Women 60-69	Men/Women 70-79	Men/Women 80+	Men/Women Junior	Men/Women Walk
1	R300	R100	R100	R100	R100	R100	R100	R100
2	R200	R75	R75	R75	R75		R75	R75
3	R100							

MEDALS

10km Gold - First 5 Men and 5 Women **Silver** - next 50 **Bronze** - next 140

Prize Money 21.1km Run

Position	Men/Women Open	Men/Women 40-49	Men/Women 50-59	Men/Women 60-69	Men/Women 70-79	Men/Women 80+	Men/Women Junior	Men/Women Walk
1	R700	R150	R150	R150	R150	R150	R150	R150
2	R600	R100	R100	R100	R100		R100	R100
3	R500							
4	R400							
5	R300							
6	R200							
7	R100							

MEDALS

21.1km Gold - first 5 men and 5 women • **Silver** - next 50 • **Bronze** - next 90

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.

NO CHIP NO RESULT

