

RULES AND REGULATIONS

<p>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.</p>			
<p>Club Colours: Athletes must participate in their correct club colours and display the ASA 2023 license numbers on the <u>front and back</u> of the vest, All other runners must display temporary number on <u>front</u> of vest. No advertising allowed.</p>			
<p>Cut-off time: 10km = 2 hrs / 30km = 4 hrs</p>			
<p>Distance markers: Will be placed at every kilometre.</p>			
<p>Foreigners: All foreign athletes must comply with WA 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.</p>			
<p>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 since 1994)</p>			
<p>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)</p>			
<p>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.</p>			
<p>Road: Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.</p>			
<p>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.</p>			
<p>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)</p>			
<p>Age Tags: Participants will be eligible for prizes in the <u>OPEN</u> category and the age category for which they have entered provided the relevant <u>OFFICIAL ASWD</u> 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</p>			
Race	Entry Fee	Temp Lic Fee	Minimum Age
10km	R75.00	R45.00	14 years
30km	R100.00	R45.00	19 years

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.



CapeMultisportEden

INVITES YOU TO THE

TWO LAGOONS

ROAD RACE WILDERNESS

10 FEBRUARY 2024

30 KM 6:30 AM
10 KM 6:45 AM

VENUE:

**LIBERTAS GUEST FARM
(THE DAIRY), HOEKWIL**

**DIRECTIONS: 10km past Hoekwil
on 7 Passes Road towards Karatara
www.libertasguestfarm.co.za**

**30% SURFACED ROADS.
70% GRAVEL ROADS.
NOT A TRAIL RUN**

CONTACT: HELENA 076 593 9636 / HENRY 082 333 6631

ENTRIES

- ONLINE: WWW.ASWD.CO.ZA
- TOP GEAR SPORT, GEORGE
- RACE DAY: FROM 5:30 - 6:15

@ LIBERTAS GUEST FARM

THANK YOU TO OUR SPONSORS



WILDERNESS PHARMACY



The event is held under the rules of ASA & ASWD.
Timed by IPICO timing chip. **NO CHIP - NO TIME!**



INFORMATION

Pre entries:

1. Enter online at www.aswd.co.za. **(R10 added to online fee)**
2. Pre-entries can be completed at Top Gear
3. Closing date for online entries Wed, 7 February 2024 12h00
4. Closing date for manual entries Thursday, 8 February 2024 17h00

Registration and late entries: Libertas Guest Farm, Hoekwil – 05:30 – 06:15 **Race day entries will attract a R20 premium to advertised rates**

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: Libertas Guest Farm - 6:30 (30km) – 6:45(10km)

Finish: Libertas Guest Farm

Ablution: Portable toilets

First Aid: First Care Medics

Hand-outs: Lucky Prizes

Medals: Gold, Silver and Bronze handed at the prize giving for the first 3 finishers for male and female in the 10km and 30km races/winner race walkers. Bronze medals to all finishers within the cut-off time

Prize giving: Finish area at 10:30. Athletes are responsible to collect their own prize money or make an alternative written arrangement with the Event Organizer. Failing which prize money is forfeited. **(ASA Rule 2.10)**

Prize Money (equal for male and female):

10km	OPEN	40-49	50-59	60-69	70+	80+	JUN.	WALK
1st	300	100	100	100	100	100	100	100
2nd	200							
3rd	150							
30km	OPEN	40-49	50-59	60-69	70+	80+	JUN.	WALK
1st	400	100	100	100	100	100	100	100
2nd	250							
3rd	200							

Route: Start at Libertas Guest Farm on the Seven Passes road. Scenic route through Swartvlei Equestrian Farm, up the infamous Rondevlei hill back to the farm. Lots of gravel but not trail.

Enquiries: Helena – 076 593 9636, Henry – 082 333 6631

ENTRY FORM

ADMIN USE
CHIP NO
TEMP NO

SURNAME													
FIRST NAME													
PROVINCE							LIC NO 2023						
DATE OF BIRTH	D	d	m	M	yyyy						AGE		
MALE							RUNNER						
FEMALE							WALKER						
CLUB													
ADDRESS													
CELLPHONE NR													
ID / BC / PP / DL No.													
EMAIL ADDRESS													
EMERGENCY Contact / Cell													
PARTICIPATION AGE CATEGORY: JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70-79/80+/WALK													
Race	Entry Fee				Temp Lic Fee				TOTAL				
10km	R75.00				R45.00								
30km	R100.00				R45.00								

INDEMNITY / DISCLAIMER By entering this event I undertake to be bound by the rules and regulations of the event including those of WA 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).....

Phone:..... Signature:..... Date:.....