

# RULES AND REGULATIONS

All competitors must comply with the rules, regulations and instructions given by officials and marshals. 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.

**THIS IS A NEW EVENT, NOT SCHEDULED ON THE 2024 PROVINCIAL CALENDAR. NO ASA ATHLETE MEDICAL INSURANCE COVER IS HELD FOR THE EVENT PER ASA RULE 19.6**

**Club Colours:** The wearing of club clothes is not mandatory.

**Cut-off time:** 10km = 2 hrs and 5km= 1 hr

**Distance markers:** No distance markers will be displayed as this is a trail run event

**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)

**Refreshment Tables:** A drinking station will be provided in the middle of the course. The course will be run in a figure 8 formation. The drinking station will be passed once by the 5km participants and twice by the 10km participants. Water and other suitable refreshments shall be available at the start and finish of all races. Runners are welcome to use their own source of refreshments along the route e.g. camel backs, water bottles etc.

**Road/Trail:** This is a trail run event and the event will be held on jeep and single track. Route markers and marshals will be on route.

**General Event Rules:**

Immediate disqualification if a runner tampers with the route markings.

Immediate disqualification if a runner is caught littering.

Immediate disqualification if a runner damages the trail or any vegetation.

Two waterpoints will be available on the 10km.

Minimum age for entering the 10k is 14 years and 5km 6 years.

No substitutions will be allowed. No refunds.

Closing date for pre-entries is 5 June 2024.

The race briefing will start at 07h15 on race day.

Medals will be provided to all finishers of the 5km and 10km events.

Participants will be eligible for prizes in the OPEN category and the age category for which they have entered. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR.

**Seconding:** No seconding from cyclists or private vehicles will be allowed on the route.

Race	Entry Fee	Temp Lic Fee	Minimum Age
5km (Run/Walk)	R40.00	N/A	6 years
10km	R100.00	R45	14 years

**ROYAL SWIMMING ACADEMY: LEGBREAKER  
TRAIL RUN  
10KM AND 5KM RUN/WALK**



**Presented by:**



**Sponsored by:**



**8 JUNE 2024**

**7:30AM**

**11<sup>TH</sup> AVE AIRFIELD DENNEOORD GEORGE**

**EVENT INFORMATION**

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



**Registration and late entries:** Saturday 8 June 2024 from 6:00am to 7:15am

Although this is a pre-entry event, event entries on the day will also be allowed from 6:00am to 7:15am

Pre-entries for trail run close 5 June 2024 at 12am

**Pre-Entries:** 10km Online entries @ <https://www.entryninja.com> closing date 5 June 2024 at 23H59.

Manual pre-entries can be done at Topgear Sports on the Corner of Meade and Hibernia Street (Cash Only)

**Start & Finish:** Start and Finish: 7:30am at the George Air Field, top of 11<sup>th</sup> Ave in Denneoord

**Ablution:** Available at venue

**First Aid:** Available at start/finish

**Hand-outs:** Lucky draw prizes

**Medals:** Medals to all finishers who complete the race within the cut-off time.

**Prize giving:** Prize Giving at 10am at the Finish Venue. Athletes are responsible to collect their own prize money or make an alternative arrangement with the Event Organizer. Failing which prize money is forfeited.

**Prize Money: Prizes will be awarded to all category winners, equal prize money to male and female athletes.**

<b>10KM</b>	<b>OPEN</b>
1	R750
2	R500
3	R250

**Route:** This is a trail running event. The race route will be within the boundaries of the airfield. The route will consist of a combination of single and jeep tracks

**Welcome:** Walkers and Runners

**Enquiries:** Deon de Jager @ 0834534781 or Duppie du Preez @ 084 501 0168

**RACE TIMING:** The event will be manually timed. Each athlete will receive a piece of paper within a plastic bag. Each runner will be responsible for the hand in of their number after the race.



# ENTRY FORM

CHIP NO: N/A
TEMP NO: N/A

SURNAME							
FIRST NAME							
PROVINCE				RACE NO ASSIGNED			
DATE OF BIRTH	D	d	m	M	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+							
Cheque made out to – Outeniqua Harriers Running Club, Bank: ABSA Cheque Account, Branch: George, Account Number: 4052007535							
Race	Entry Fee	Temp Lic Fee		TOTAL			
5km Fun Run	R40.00	NONE					
10km	R100.00	R45					

**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 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.

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Signature

.....  
Date

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Parent/Guardian (if under 18 years)