

NELSON MANDELA UNIVERSITY

IN PARTNERSHIP WITH



MADIBAZ GEORGE FOREST RUN



Saturday, 7 September 2024



Nelson Mandela University, George Campus,
Rugby Stadium



21.1km & 10km: 08h00
5km Fun Run: 08h15

Held under the rules of ASWD & ASA

MADIBAZ
Athletics



**Sportmans
Warehouse**
winning starts here



This event is timed by IPICO timing chip. **NO CHIP, NO 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 Organiser reserves the right to accept/reject any entry received.

Club Colours: Affiliated club athletes must participate in official club colours and display their ASA 2024 license numbers on the front and back of the vest. All other runners must display temporary number on front of vest.

Pre-entries: Enter online at www.aswd.co.za or manually at **Top Gear Sport/ Sportmans Warehouse**. Closing date for pre-entries is, Wednesday, **4 September 2024 @ 12h00**. **Entry fees are non-refundable.**

Late entries: On Friday, 6 September 2024 between 13h00 – 18h00 at Sportmans Warehouse and on race day between 06H30 – 07H45 (**No Card Facilities, Cash Only**). **These entries will attract a R20 premium to the advertised rates.**

Temporary License: Temporary Licensed athletes will not be covered by the ASA National Runner insurance.

ASWD Licensed Athletes: Forget your IPICO chip – you will have to pay **R20** to loan one for the race.

Start & Finish: Race will start and finish at the **Rugby Stadium**.

21.1km & 10km @ **08H00**. 5km Fun Walk / Run @ **08h15**.

Race numbers: The race number must be placed over the permanent in a manner that the ASA License Sponsor and ASA Province / Year is visible above the race number. Race numbers to be collected at **Sportmans Warehouse** on **Friday, 6 September 2024 between 13h00 – 18h00 and at the venue on race day between 06h30 – 08h00.**

Age Tags: Official ASWD age category tags must be displayed on the front and back of your vest to qualify for age category prizes. Athletes using a temporary license number will be required to produce their proof of age on race day to qualify for prizes.

Seconding: No personal seconding is allowed due to access restrictions.

Safety Rule: Wearing of earphones or headsets and animals is not permitted and will lead to disqualifications.

Refreshment Tables: Water stations shall be provided at 3km intervals or more frequently if weather conditions warrant such provision. Water and other suitable refreshments shall be available at the start and finish.

Cut-off times: 21.1km @ 11h30 and the 10km @ 10h00.

Abution: Toilets will be available at the start & finish area, but no shower facilities.

Distance markers: Will be placed at every kilometre.

Route: Paved Road and undulating gravel through the forest.

Anti-littering rules apply: Refuse bins will be provided along the route. Please discard your cups into or near to these bins.

Photos: Will be uploaded on our Facebook page: **Madibaz Sport George**

Enquiries: Mr Hugo Loubser – 082 575 1826 / Hugo.Loubser@mandela.ac.za

For more information visit <https://runningcalendar.co.za/>

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.

Entry Form

ADMIN USE ONLY

Chip Number		Temp. Number	
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DISTANCE – Tick appropriate box

21.1km		10km		5km Fun Walk / Run	
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First Name							
Surname							
Contact Number				ID Number			
Club Name							
2024 License Number							
Date of Birth	d	d	m	m	yyyy	Age	
Gender							
Emergency Contact	Name:			Contact Number:			

AGE CATEGORIES: JUNIOR / OPEN / 40–49 / 50–59 / 60–69 / 70–79 / 80 +

Race	Entry Fee	Temp License Fee	Minimum Age
5 km	R 30.00	None	9 years or older
10 km	R 80.00	R 45.00	14 years or older
21.1km	R 100.00	R 45.00	16 years or older

R10 added to your online fees.

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: 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 this Indemnity/waiver on behalf of the minor.

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

Phone..... **Signature**..... **Date**.....

For Vitality members: I hereby consent that **MADIBAZ GEORGE FOREST RUN** will share my data with Discovery Vitality for the purpose of awarding Vitality points.

YES **NO** **NOT A MEMBER**

Are you part of the Team Vitality Running Club? **YES** **NO**

Prize Money

21.1km Race – Men & Women			
Category	1st	2nd	3rd
Open	R1500	R750	R500
Junior	R350	R250	R100
35 – 39	R350		
40 – 49	R350		
50 – 59	R350		
60 – 69	R350		
70 - 79	R350		
80+	R350		

10km Race – Men & Women			
Category	1st	2nd	3rd
Open	R700	R300	R150
Junior	R300	R200	R100
35 – 39	R300		
40 – 49	R300		
50 – 59	R300		
60 – 69	R300		
70 – 79	R300		
80+	R300		

- Prize giving will commence at the finish area at 11h45.
- You must be present to be eligible for the lucky draw prizes. All entrants are eligible for lucky draw prizes.
- Athletes using a temporary license number will be required to produce proof of age and display category tags on race day to qualify for prizes.
- All Prize winners must be in their club colours when collecting their prize. Winners must be present at prize giving otherwise the prize will be forfeited. No Exceptions!
- Equal prize money for both men and women.
- **Medals:** To all finishers who complete the race within the cut-off time.
- **Fun Walk / Run:** All finishers will receive a medal.