

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 2024 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 15km = 2 ½ hrs

Distance markers: Will be placed at every kilometre.

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.

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)

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)

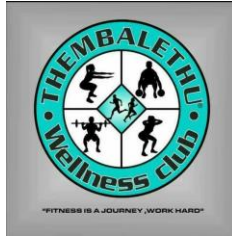
Age Tags: Participants will be eligible for prizes in the OPEN category and the age category for which they have entered provided the relevant OFFICIAL ASWD age category tag or junior tags is displayed, visible and above license number, front and back. Participants may enter the age category corresponding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

Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R35.00	None	9 years
10km	R80.00	R45.00	14 years
15km	R85.00	R45.00	15 years

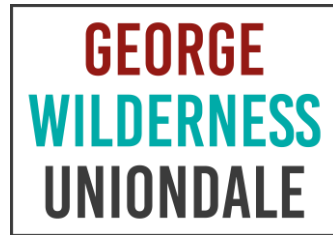
[ASWD STANDARD ENTRY FORM]

THE THEMBA KASI RUN

Presented by



SPONSORED BY



DATE: 17 AUGUST 2024

STARTING TIME: 07:00 am

**VENUE: THEMBALETHU STADIUM
(NGCAKANI ROAD)**

15 Km's, 10 Km's & 5 km's

HELD UNDER THE RULES OF ASWD, ASA and WA



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

Online Entries@www.aswd.co.za, closing date 14 August 2024 at 12H00 pm. (Additional R10 will be added to Online Fees).

Entry Forms will be available at ASWD offices and Top Gear

INFORMATION

Registration and late entries On Friday 16 August 2024 at Themba lethu Stadium 17:30- 18:30 and on the 17 August 2024 at 06:00-06:45. Late 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. **Non-Licensed athletes** can collect their temporary numbers on race day, 17 August 2024, Themba lethu Stadium from 06:00-06:45.

Start: Themba lethu Stadium: 15 &10 Km's: 07H00 **Fun Run:** 07H10

Finish: Themba lethu Stadium

Ablution: On premises, No showers

First Aid: On route and finishing

Hand-outs: Lucky Prizes and draws

Medals: Medals to all finishers who complete the race within the cut-off time. Gold = / Silver = / Bronze =

Prize giving: Themba lethu Stadium / 10:30. 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!

Prize Money: [Specify various categories that will receive Prize Money] Equal prize money for male and female athletes. [Prize money for disabled athletes will only be awarded if there are three athletes racing in the same specification category.

E.g.]

15 KM's	Open	40-49	50-59	60-69	70-79	80+	Juniors
Position -1	R400						
Position -2	R300	R200	R200	R200	R200	R200	R200
Position- 3	R200						
10 KM's	Open	40-49	50-59	60-69	70-79	80+	Juniors
Position -1	R300						
Position -2	R200	R150	R150	R150	R150	R150	R150
Position- 3	R100						

Route: Flat, fast and easy

Welcome: Walkers

Enquiries: Siviwe Pikelela 073 513 4213 / Andiswa Bota 067 910 2932
themba lethuwellnessclub@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.

[ASWD STANDARD ENTRY FORM]

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
CHIP NO
TEMP NO

SURNAME							
FIRST NAME							
PROVINCE				LIC NO 2024			
DATE OF BIRTH	D	d	m	M	yyy	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		
Fun Run	R35.00		None				
10km	R80.00		R45.00				
15km	R85.00		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:.....