

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 2024 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 hours</p>			
<p>Distance markers: Will be placed at every kilometre.</p>			
<p>Foreigners: Foreign athletes are not allowed to run with an ASA Provincial licence; and are required to purchase a temporary licence otherwise face disqualification (Refer to World Athletics rule 4).</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 stations shall be provided at (about) 3km intervals. Water and other suitable refreshments shall be available at the start and finish.</p>			
<p>Road: Athletes must stay on the allocated route at all times, unless instructed differently by the marshals and Traffic Officers.</p>			
<p>Safety Rule: 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	R80.00	R45.00	14 years

Fancourt 10km

RUN / WALK

Presented by

Fancourt

20 December 2024

18.00

Links Experience

HELD UNDER THE RULES OF ASWD, ASA and WA



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

Registration and late entries:

Online entries will close on Tuesday the 17th of December 2024 at 17.00. (Additional R10 to Online fees)

Registration will take place at The Links Experience:

19 December 17.00-19.00

Late Entrants will pay R20 premium on advertised Fee ONLY.

20 December 15.00-17.00

NO Race day entries will be available

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: Links Experience

Finish: Links Experience

Ablution: Links Experience

First Aid: Links Experience

Hand-outs: At the finish line and Lucky Draw Prizes

Prize giving: Links Experience at 20.00. Winners must be present at prize giving otherwise the prize will be forfeited.

Prize Money:

	OPEN	40-49	50-59	60-69	70-79	80+	J & W
Position 1:	R 2500	R1000	R1000	R1000	R1000	R1000	R1000
Position 2:	R2000	R500	R500	R500	R500	R500	R500
Position 3:	R1500	R250	R250	R250	R250	R250	R250

Route: A unique opportunity to enjoy the beautiful grounds of Fancourt while walking or running into the sunset with your family and friends this festive season. Experience a fast and flat route on a mix of open roads and golf cart paths, winding between the brand new 9-hole Links Experience and parts of the Links golf course, ending with a great social gathering at the race village.

Welcome: Walkers and runners
Enquiries: Claudia Richard – claudiar@fancourt.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
CHIP NO
TEMP NO

SURNAME							
FIRST NAME							
PROVINCE					LIC NO 2024		
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+							
Race	Entry Fee			Temp Lic Fee		TOTAL	
10km	R80.00			R45.00			

IDEMNITY / 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:.....