





## RULES AND REGULATIONS

1	Age	<p>The minimum age for the 5 km is 7 years, however entrants younger than 7 years can participate in the 5 km if accompanied by a guardian who is 16 years or older.</p> <p>Minimum age on race day is 14 years for the 10 km. Minimum age on race day is 16 years for the 21.1 km.</p>
2	Second	No seconding from cyclists or private vehicles allowed. Personal seconding, stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 34.8.2).
3	Safety	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.
4	Age tags	Participants will be eligible for prizes in the OPEN category tag or junior tags if 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)
5	Prize Giving	No Prize giving after the event, all the athletes who is prize winners will have to fill in the form so that the prize money can be paid into their bank account.
6	Proof of age	Athletes must give proof of age at the request of the Race Referee. (SA ID/Passport/Driver's License/Refugee Permit/Birth Cert.)
7	Foreigners	No Foreigners are allowed to enter for this event.
8	Rules used	All road races held subject to the rules of ASA and Athletics SWD. 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.
9	Entries	<p>Online can be done at <a href="http://www.aswd.co.za">www.aswd.co.za</a> and entries forms will be at ASWD office and at all clubs.</p> <p>Late entries only on 31 Jan 25 at De Dekke Spar in Greatbrak between 15h00 till 18h00</p> <p style="text-align: center;"><b>NO ENTRIES ON RACE DAY</b></p>

**INFORMATION****ENTRY FORM**

1 Entry forms will be at the following places available  
 Entries forms will be available at ASWD office,  
 Hartenbos Drawwers Clubhouse in Diaz

2 **Where to enter for event**  
 Online entries at [www.aswd.co.za](http://www.aswd.co.za), online closed on 27 Jan 25 @ 12h00

3 **Manual entries can be hand in at**  
 ASWD Office in George, Hartenbos Drawwers Clubhouse in Diaz,  
 Manual entries closed on 27 Jan 2025 at 17h00

4 **Late entries**  
 Any late entries can be done on 31 Jan 25 at the De Dekke Spar in Grootbrak from 15h00 till 18h00

5 **Manual entries payment**  
 Hartenbos Drawwers  
 Standard bank (Savings Account) Reference: Name and Surname  
 Branch code: 051001 Entry form plus proof of payment must be send by email to  
 Account number 385414803 [hartenbosdrawwers1@gmail.com](mailto:hartenbosdrawwers1@gmail.com)

6 **Collection of temp number and time chip**  
 31 Jan 25 15h00 tot 18h00 and 1 Feb 25 05h30 till 05h50 De Dekke Spar Greatbrak

7	Price giving 15min after last athlete complete race	8	Time limit on 10km is 2 hours
9	1st 500 entries will be excepted on 10km	10	10km start at 06h15 by De Dekke Spar
11	Time limit on 21.1km is 3h30	12	1st 500 entries will be excepted on 21.1km
13	21.1km start at 06h00 by De Dekke Spar	14	Waterpoints is between 2.5km and 3,5km every time

15 **Price money for 21.1km**

PLACE	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women
	OPEN	JUNIOR	40 – 49	50 - 59	60 – 69	70 - 79	80+	Walk	HARTENBOS
1	R500	R200	R200	R200	R200	R200	R200	R200	R200
2	R400								
3	R300								

16 **Price money for 10km**

PLACE	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women
	OPEN	JUNIOR	40 – 49	50 - 59	60 – 69	70 - 79	80+	Walk	HARTENBOS
1	R300	R100	R100	R100	R100	R100	R100	R100	R100
2	R200								
3	R100								

17 **Contact persons**  
 Ferdie 0832942640 [ferdie@mweb.co.za](mailto:ferdie@mweb.co.za) Petro 0722596759 [hartenbosdrawwers1@gmail.com](mailto:hartenbosdrawwers1@gmail.com)