

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 2017 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: 12km = 1 ½ hrs & 21.1km = 3 hrs

Walkers : 12km = 2hrs & 21.1km = 3 ½ hrs

Distance markers: Will be placed at every kilometre.

Foreigners:

All foreign athletes must comply with IAAF rule 142 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)

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 30.10.6), Animals (ASA Rule 30.10.1), Racers (ASA Rule 30.10.3), or Wheelchairs (ASA Rule 30.10.4) 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 30.8)

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 tag or Orange "W" tag)**

Race	Entry Fee	Temp Lic Fee	Minimum Age
12km	R65.00	R35.00	15 years
21.1km	R85.00	R35.00	16 years

Entry fee is Inclusive of all on-line fees.



**Western Cape
Government**

Cultural Affairs and Sport

LAINGSBURG

ATHLETICS CLUB & MUNICIPALITY

Presents

LAINGSBURG RUNNING FESTIVAL

12KM & 21.1KM



30 September 2017
JJ Ellis Sport Grounds – Meiring Str
07:00

HELD UNDER THE RULES OF ASA AND ASWD



This event is timed by IPICO electronic chips. NO CHIP NO TIME

INFORMATION

Pre-Entries: Fax to Laingsburg Municipality No 023-5511019 Online: www.aswd.co.za – Closing dates 22.09.2017						
Registration and IPICO Chips Collection: Friday 29.09.2017 at Flood Museum from 15:00 -20:30. No IPICO Chip collection on Saturday 30.09.2017. Late entries: Will be accepted on Friday 29.09.2017 <u>at R20 Premium to stipulated entry fee.</u>						
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 / Finish: JJ Ellis Sport Grounds – Meiring Street				Start time: @ 7:00		
Ablution: JJ Ellis Hall						
First Aid: JJ Ellis Hall First Aid and on the route.						
Accommodation: Tourism Office 023-5511868						
Medals: Medals to all finishers who complete the race within the cut-off time. Gold first 10 men and Ladies and Silver to all other finishers.						
Prize giving: JJ Ellis Hall @ 10h30. Athletes are responsible to collect their own prize money or make an alternative arrangement with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.9)						
Prize Money: Prizes will be awarded to all category winners, Equal prize money for male and female athletes.						
12km	OPEN	40–49	50–59	60–69	70+	Junior
1	R150	R150	R150	R150	R150	R150
2	R125	R100	R100	R100	R100	R125
3	R100					R100
21.1km	OPEN	40-49	50-59	60-69	70+	Junior
1	R300	R250	R250	R250	R250	R200
2	R200	R150	R150	R150	R150	R150
3	R150					R100
Route: Start in front of JJ Ellis Sport Grounds out on Vleiland Road and back.						
Welcome: Walkers – No Prize Money						
Enquiries: Petro Buys and Winnie Miles @ 023-5511019						
E-mails: pbuys@laingsburg.gov.za / wmiles@laingsburg.gov.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 2017							
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+												
EFT Payments: Laingsburg Municipality ABSA Laingsburg 334508 / Acc No 2540140874												
Race	Entry Fee				Temp Lic Fee				Total			
12km	R65.00 (+R20 for Late Entries)				R35.00							
21.1km	R85.00 (+ R20 for Late Entries)				R35.00							
T-Shirt	R80				Size:-							
Braai vleis	R80											

INDEMNITY / DISCLAIMER: By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF 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

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Date

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Parent/Guardian (if under 18 years)