



# Knysna Marathon Club Waterfront Half Marathon

Presented by:

## Knysna Hollow

21km / 10 km / 5 km fun run



**VENUE: Knysna Waterfront**

**DATE: 14 November 2015**

**TIME: 07h00**

**Lucky draw – Prizes**

**Mario's open from 6:00 am for coffee or breakfast  
Shopping - Eating and Adventure destination.**

**Make it a Weekend!**

**HELD UNDER THE RULES OF ASA AND ASWD**

**This event is timed by electronic chip. NO CHIP NO TIME**



Knysna Waterfront Half Marathon 14 November 2015

# INFORMATION

<b>Registration and late entries 14 November</b> – From 06h00 Waterfront North Entrance	
<b>Internet entries:</b> <a href="http://www.knysnamarathonclub.com">www.knysnamarathonclub.com</a> (18/09/2015 till 12/11/15)	
<b>Entry Fee:</b> 5 km - R30.00 or 10km - R40.00 OR 21.1km – R50.00	
<b>Start/Finish/Parking</b> Knysna Waterfront Parking at the Waterfront Drive parking area. Race Start/Finish at the South Waterfront Parking area.	
<b>Ablution:</b> Available at Venue -	
<b>Accommodation:</b> <b>Knysna Hollow Tel: 044 382 5401</b>	
<b>Hand-outs:</b> Medals to all finishers within the cut-off time.	
<b>Medals:</b> Medals to all finishers who complete the race within the cut-off time - Gold to Category winners - Bronze medals to all other finishers.	
<b>Prize giving:</b> Waterfront Promenade 10h30	
<b>Prize Money:</b> Equal Prize money will be awarded to men and women in the following categories:	
<b>10km</b>	<b>21.1km</b>
Open Position 1 R 500.00 Position 2 R 400.00 Position 3 R 250.00	Open Position 1 R 1000.00 Position 2 R 600.00 Position 3 R 400.00
40 – 49 Position 1 R 250.00	40 – 49 Position 1 R 400.00
50 – 59 Position 1 R 250.00	50 – 59 Position 1 R 400.00
60 + Position 1 R 250.00	60 + Position 1 R 400.00
70 + Position 1 R 250.00	70 + Position 1 R 400.00
Junior Position 1 R 250.00	Junior Position 1 R 400.00
Walker Position 1 R 250.00	Walker Position 1 R 400.00
<b>Route:</b> 5 and 10 km: out and back along the waters edge – very flat for fast times 21.1 km: Waterfront - Leisure Isle Coney Glen and back.	
<b>ASWD Licensed athlete take note:</b> Forget your chip – you will have to pay R20 to loan one for the race. Lost your chip – you will have to pay R50 for a replacement chip.	
<b>First Aid:</b> At the venue and along the route	
<b>Race Convener:</b> - Margi O Connor 072 330 2593 <b>Email:</b> <a href="mailto:margioconnor@gmail.com">margioconnor@gmail.com</a>	

## RULES AND REGULATIONS

<p><b>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 reserve the right to accept / reject any entry received.</b></p>
<p><b>Club Colours:</b> Athletes must participate in their correct club colours and display the ASA 2015 license number on the front and back of the vest. All other runners must display temporary number on front and back of vest. No advertising allowed. No Temp License needed for 5km Fun run</p>
<p><b>Cut-off time:</b> 5km = 1 ½ hrs OR 10km = 2 hrs OR 21.1 = 3 1/2 hrs</p>
<p><b>Distance markers:</b> Will be placed at every kilometre.</p>
<p><b>Foreigners:</b> 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.</p>
<p><b>Minimum ages:</b> 5 km = 9 yrs, 10km = 15 yrs OR 21.1 km = 16 yrs. Athletes must give proof of their age at the request of the Race Referee. (ID / Birth Certificate / Permanent Residence Permit)</p>
<p><b>Refreshment Tables:</b> Drinking / Sponging stations shall be provided at 2.5 km's, 5 km, 5.66 km, 9.83 km, 13.1 km, 16.1 km, 18.6 km. Water and other suitable refreshments will also be available at the start and finish of the races.</p>
<p><b>Road:</b> Athletes must stay on the brick paved route and move to the right hand side of the road at all other times, unless instructed differently by the marshals and Traffic Officers.</p>
<p><b>Safety:</b> No animals or racers (push carts or prams) will be allowed. No earphones or in-ear music devices will be allowed. - Immediate disqualification (Applies to all events)</p>
<p><b>Seconding:</b> No seconding from cyclists or private vehicles will be allowed on the route. No seconding will be allowed except for 1m on either side of a refreshment station.</p>
<p><b>Age Tags:</b> 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 front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. <b>(Red age tag or Orange "W" tag)</b></p>
<p><b>Temporary licenses:</b> Will be available to runners at the cost of <b>R35.00</b>.</p>
<p><b>Transport:</b> <b>No transport will be provided</b></p>

**RACE TIMING:** A 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

<b>Admin use</b>	
<b>Chip #</b>	
<b>Temp #</b>	

<b>SURNAME</b>					
<b>FIRST NAME</b>					
<b>MALE</b>		<b>FEMALE</b>			
<b>ADDRESS</b>					<b>Emergency contact details</b>
					<b>Relation</b>
					<b>Name</b>
<b>CELL PHONE NR</b>					<b>Cell NR</b>
<b>CLUB</b>					
<b>DATE OF BIRTH</b>				<b>AGE</b>	
<b>ID / BC / PR NUMBER</b>					
<b>TEMP NR</b>			<b>Runner</b>		<b>Walker</b>
<b>2015 LICENSE #</b>				<b>PROVINCE</b>	
<b>5KM –Fun run R30.00</b>		<b>10KM – R40.00</b>		<b>21.1km – R50.00</b>	
<b>PARTICIPATION CATEGORY: 10 km &amp; 21.km 15 – 19 / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70 + or Walker</b>					
	<b>ENTRY FEE</b>				
	<b>Temp Lic R35 (Not needed for 5 km)</b>				
	<b>Voluntary donation to NSRI Station 12</b>				
	<b>TOTAL</b>				

INDEMNITY I agree not to hold Knysna Marathon Club or any other sponsors, or any persons assisting in the organization or holding of the event liable for any loss, injury or illness, which I may suffer directly or indirectly as a result of participating in the event, or for any damages to my property or loss of my property which I may suffer directly as a result of participating in the event. I confirm that this special agreement is entered into for the benefit of Knysna Marathon Club, Land owners, Sponsors and the persons assisting in the organizing and holding of the event.

.....  
**Signature**

.....  
**Date**

**Parent / Guardian (if under 18)**.....

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