RULES: 1] Age - Minimum age on race day is 9 years for the 5 year, 14 years for the 10km, 16 years for the 21.km

- 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).
- 3] 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.
- 4] 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 point. (ASA Rule 34.8.2).
- 5] 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 Certificate since 1994).
- 6] Foreigners No foreigners allowed to participate in this race.
- 7] 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.
- 8] 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 as well as refuse athletes to participate in race on race day.

GENERAL: [1] Start: 5km, 10km and 21.1km start at Kleine Loerie, Klipheuwel, Klein Brak Rivier. [2] Refreshment Tables: Drinking / Sponging stations shall be provided on route and finish. [3] Distance markers will be placed at every kilometre. [4] The cut off time for the race is 3 hours 30 minutes. [5] First aid is available at the start and the finish. [6] Ablution facilities will be available at Klipheuwel. [5] Licensed athletes take note: Forget your 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.

ENTRIES: [1] Online Entries: www.entryninja.com [2] By Hand: You can enter and pay at Top Gear Sport. Please keep the receipt as proof of payment.

REGISTRATION AND LATE ENTRY: This is a pre-entry event and NO RACE DAY entries are accepted. Pre-entries close on 11 March 2024 at 23:59. The registration to collect your temp licence number will take place on Saturday 16 March from 06:00 till 06:50 at Kleine Loerie, Klipheuwel, Klein Brak Rivier. ASWD licensed athletes do not have to register if they have entered. Late entrants will pay R20 premium on advertised entry fees on Friday 15 March at Top Gear Sport.

PRIZE GIVING: Athletes are responsible to collect their own prize money or make an alternative written arrangement with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.10)

Pie Run 10KM 10KM 21 KM

16 MARCH 2024





Start times: 21.1km and 10km @ 07:00AM 5km @ 07:10AM

Lucky Draws will take place after the race.

HELD UNDER RULES OF: ASWD I ASA I WA



be a special reward for finishing the race.





ENTRY FORM - 21KM, 10KM	ADMIN USE ONLY							
5KM - FUN RUN R30 (NO TEMP NEEDED)		Chip Number						
10KM - Club Athletes Non-Club Athl	Temp. Number Online fees: Add R10 when entering online: www.entryninja.com Late entry fee: Add R20 to the entry fee.							
21.1KM - Club Athletes Non-Club Athl (INCLUDES TEMP LICENCE A								
First Name	Contact Nu	mber						
urname Email								
ID Number	Number Club Name							
Date of Birth	2024 Licens	se Number						
Junior Open Male	Female	Run Walk						
40-49 50-59	60-69	70-79 80+						
INDEMNITY / DISCLAIMER: By enter and regulations of the event including health and aware of the risks and do not claim ignorance of these risks the event entirely at my own risk allowed in law, the organizers of the assisting in the staging of the event authorities from any responsibility, I of whatever nature, however caused in the event including pre-and postany time I believe conditions to be upation in the activity.	ng those of WA ar angers of physical ks and dangers. I and I release an the event, all spo , provincial and na iability or costs re d, arising directly of race activities. I f	nd ASA. I warrant that I am in good I nature of this sporting event, and hereby accept that I participate in d discharge, to the fullest extent ensors, persons and organizations ational athletics bodies and all local lating to any injury, loss or damage or indirectly from my participation urther agree and warrant that if at						
SIGNED		DATE						
MINOR RELEASE: And I the minor's	parent and/or lega	al guardian, understand the nature						

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 activty and I enter into this Indemnity.

PRIZE MONEY | 21KM, 10KM Run and Walk

	MEN/ WOMEN JUNIOR	MEN/ WOMEN OPEN	MEN/ WOMEN 40-49	MEN/ WOMEN 50-59	MEN/ WOMEN 60-69	MEN/ WOMEN 70-79	MEN/ WOMEN 80+	MEN/ WOMEN WALK
1	R250	R500	R150	R150	R150	R150	R150	R150
2	R200	R300						
3	R150	R200						
4	R100		ine	100				

IMPORTANT NOTICE



NO WATER SACHETS on the race.
We use cups with water.
DO NOT LITTER





MEDALS

YOU CAN ENTER

THROUGH ENTRY NINJA OR TOP GEAR

There will be a special reward for finishing the race.

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 competing the race.