

RULES: 1] The wearing of club clothes is not mandatory. 2] Only the event race number (10km and 21 km Trail) will be worn on the front of the vest. 3] Immediate disqualification if a runner tampers with the route markings. 4] Immediate disqualification if a runner is caught littering. 5] Immediate disqualification if a runner damages the trail or any vegetation. 6] There will be water points on the route. 7] Minimum age for entering is 16 years for the 21 km trail run, 14 years for the 10km trail run and 9 years for the 5km trail run. 8] No substitutions will be allowed. No refunds. 9] Closing date for pre-entries is 15 March 2024. 10] Start chutes close strictly at 06:25 for the 21 km trail run, 06:55 for the 10km trail run and 07:10 for the 5km trail run, on race day for compulsory race briefing. Arrivals after this time will not be allowed to start. 11] Held under the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials and marshals. Non-compliance may lead to disqualification. The Race Director'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 without any refund.

GENERAL

- 1] Start and Finish at Chandelier Game Lodge.
- 2] Cut-off times: 21 km trail = 4 hours • 10km = 3 hours • 5km = 2 hours.
- 3] First aid is available at the finish.
- 4] Ablution facilities will be available at start and finish.
- 5] Race results available at www.aswd.co.za/results



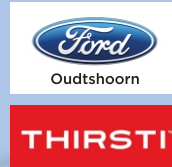
ONLINE ENTRIES: www.entryninja.com

HAND ENTRIES: Top Gear Sport, George • Nedbank Running Club Time Trial - Oudtshoorn 18:00 at Wes Bank Tennis Club, Buitekant Street • Nedbank Running Club Time Trial - George 10:30 at NRC Clubhouse, Meent Street, Heather Park.

REGISTRATION AND LATE ENTRIES

- 1] Pre-entries close on 15 March 2024 at 16:00. Late entries on race day from 06:00 at R20 premium.
- 2] The collection of the race number bib and timing chip (21 km and 10km trail run) and arm band and timing chip (5km trail run) will take place on Thursday, 21 March 2024 from 06:00 at Chandelier Game Lodge.

LOCATION: Located on the N12 (Route 62) 7km from Oudtshoorn, enroute to George.
GPS: Latitude: S 33° 39.933 **Longitude:** E 22° 14.354.



CHANDELIER

Game Lodge & Ostrich Show Farm

Trail Run

21 March
2024



21km - 06:30

10km - 07:00

5km - 07:15

Entries: www.entryninja.com | Enquiries: 083 376 7414 | 084 772 2451



Held under the rules of
ASA | ASWD | WA



This event is timed by
an electronic chip
NO CHIP - NO RESULT



ENTRY FORM - TRAIL RUN

- R200** 21km Club Athletes
R245* 21km Non-Club Athletes
R110 10km Club Athletes
R155* 10km Non-Club Athletes
R50 5km Club Athletes
R95* 5km Non-Club Athletes

*Includes temporary number/chip

First Name _____ Contact Number _____

Surname _____ Email _____

ID Number _____ Club Name _____

Date of Birth _____ 2024 License Number _____

Junior <input type="checkbox"/>	Open <input type="checkbox"/>	Male <input type="checkbox"/>	Female <input type="checkbox"/>	Run <input type="checkbox"/>	Walk <input type="checkbox"/>
40-49 <input type="checkbox"/>	50-59 <input type="checkbox"/>	60-69 <input type="checkbox"/>	70-79 <input type="checkbox"/>	80+ <input type="checkbox"/>	

INDEMNITY / 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.

SIGNED DATE

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).

SIGNED (Signed by a parent/legal guardian if the participant is under the age of 18) DATE

ADMIN USE ONLY

Chip Number _____

Temp. Number _____

Add **R10** when entering online:
www.entryninja.com

PRIZE MONEY

21.1km Trail Run		10km Trail Run		5km Trail Run	
MEN/WOMEN OPEN		MEN/WOMEN OPEN		MEN/WOMEN OPEN	
1	R1000	1	R500	1	R200
2	R750	2	R300	2	R150
3	R500	3	R200	3	R100

MEDALS

21km • 10km • 5km Trail Run

Gold

First 5 Men & Women

Silver

Next 20

Bronze

Everyone



RACE TIMING

ASWD LICENSED ATHLETES: No loan chip will be available on race day apart from the timing chips for the non-club members. **NO CHIP • NO TIME • NO EXCEPTIONS!!**

The chip is to be worn on your shoe for the duration of the event. The loan chips for non-club members are to be handed back at the end of the race. 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.

NO TIMING CHIP - NO RESULT!