

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 2024 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: 10km = 2 hrs, 21.1km = 3.30 hrs, 42.2km = 5.15 hrs

Distance markers: Will be placed at every kilometre.

Foreigners: All foreign athletes must comply with WA 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, Birth Certificate / Refugee Permit or Drivers Licence)

Refreshment Tables: Drinking stations will 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 will 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 or Traffic Officers.

Safety Rule (ALL DISTANCES): No Earphones (ASA Rule 34.10.06), Animals (ASA Rule 34.10.1), Racers (ASA Rule 34.10.3) .

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 34.8.2)

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 tag / White background (ASA Rule 22.9))

Race	Entry Fee	Temp Lic Fee	Minimum Age
10km	R85.00	R45.00	14 years
21.1km	R110.00	R45.00	16 years
42.2km	R170.00	R45.00	20 years

All Bus fares included in entry.

27 APRIL 2024

Outeniqua Harriers
Grasshoppers

OUTENIQUA MARATHON

42km | 21km | 10km

PROUDLY BROUGHT TO YOU BY GEORGE MUNICIPALITY

07h00 - 42.2km Trail Kiosk at Ground Zero
Van Riebeeck Gardens, George - Wilderness Commonage
08h00 - 21.1km Garden Route Dam - Wilderness Commonage
08h00 - 10km Wilderness Commonage

in conjunction with

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

HELD UNDER THE RULES OF ASA AND ASWD

Information

<p>Pre-entries: 1) Enter Online: www.aswd.co.za. (Additional R10 to online fees) 2) Pre-Entries can also be completed at Top Gear Sport ,MountCO. and Sportmans Warehouse 3) Closing date for pre-entries: Tuesday, 23 April 2024. Online Entries close 23 April 2024 @ 23h59.</p>
<p>Registration and late entries: All non SWD runners must register/enter on Friday, 26 April 2024 between 16h00 – 21h00 at the Trail Kiosk at Ground Zero, Van Riebeeck Gardens, George on the cnr.of Arbour and Camphersdrift Rd. Late Entries will attract a R20 premium to advertised rates. NO ENTRIES ON RACE DAY FOR 21,1KM AND 42,2KM . LATE ENTRIES FOR 10KM AT COMMONAGE. NO REFUNDS.</p>
<p>Transport: Available from Wilderness at the finish (Commonage – Opposite Wilderness Hotel) to the start of the marathon and half marathon. Limited seats available on busses that will leave LATEST 05h30 from The Wilderness Hotel to the Trail Kiosk at Ground Zero, Van Riebeeck Gardens, George and from there to the Garden Route Dam (start of 21km). Busses will also be available from the finish back to the Trail Kiosk at Ground Zero.</p>
<p>Start: 42km - 07h00 @ Trail Kiosk at Ground Zero, Van Riebeeck Gardens, George. 21km - 08h00 @ Garden Route Dam. (PLEASE ALLOW 10MIN WALKING TO STARTLINE) 10km – 08h00 @ Wilderness Commonage(No under14 y. olds)</p>
<p>Finish: Commonage - Opposite Wilderness Hotel (all races)</p>
<p>Ablution: All starting points and finish – No Shower Facilities Limited facilities at the Garden Route Dam!</p>
<p>Hand-outs: Lucky draws- PIVOT Running Shoes, LOUVAIN Guest Farm and lots more.</p>
<p>Medals: Medals to the 1st 1000 runners who finish the race within the cut-off time. Gold to Category Winners. Silver to the first 50 in the 42.2km.</p>
<p>Prize giving at the event after cut-off time of the 42,2km. All Prize winners must be in their club colours when collecting their prize. Winners must be present at prize giving otherwise the prize will be forfeited. No Exceptions!</p>
<p>Permanent numbers: Should you qualify for a permanent number you must provide the organizing club of sufficient details which will be verified.</p>
<p>ACCOMMODATION: Please contact George Tourism www.visitgeorge.co.za</p>

Prize Money:		42km	21.1km	10km
Category				
Open	(1)	R1500	R700	R400
	(2)	R1000	R400	R250
	(3)	R500	R200	R200
	(4)	R300		
40 – 49	(1)	R300	R200	R100
	(2)	R100	R100	
50 – 59	(1)	R300	R200	R100
	(2)	R100	R100	
60 - 69	(1)	R300	R200	R100
	(2)	R100	R100	
70 - 79	(1)	R300	R200	R100
	(2)	R100	R100	
80+	(1)	R300	R200	R100
	(2)	R100	R100	
Junior	(1)		R200	R100
	(2)		R100	
Walkers	(1)		R200	R100
	(2)		R100	

Equal prize money for male and female athletes.

Route: Undulating but very scenic (through plantations, indigenous forest, spectacular ocean views), includes gravel road

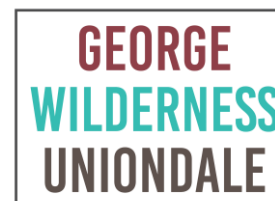
First Aid: On route and finish

Welcome: Walkers - 21.1km, 10km

ASWD athletes 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.

Enquiries: Esmé 084 499 7753 / Alf 083 650 5098

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

NAME					
FIRST NAME					
PROVINCE				LIC NO 2024	
DATE OF BIRTH		d	d	m	m
				yyyy	AGE
MALE		RUNNER			
FEMALE		WALKER			
CLUB					
ADDRESS					
Demographic					
Black	White	Coloured	Indian		
CELLPHONE NR					
ID / BC / PP/ DL NUMBER					
EMAIL ADDRESS					
EMERGENCY Contact / Cell					
How many Outeniqua Marathons have you completed?					
PARTICIPATION AGE CATEGORY:					
JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60 -69 / 70-79 / 80+					
Race	Entry Fee	Temp Lic Fee	TOTAL		
10km	R85.00	R45.00			
21.1km	R110.00	R45.00			
42.2km	R170.00	R45.00			
ALL LOGISTICAL FEES INCLUDED					

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;

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).....

Phone:..... Signature:..... Date:.....



Outeniqua Marathon 2024