**RULES:** 1] The wearing of club clothes is not mandatory. 2] Only the event race number (10km and 21km 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 21km 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 5 August 2024. 10] Start chutes close strictly at 06:25 for the 21km trail run, 06:55 for the 10 km trail run and 07:10 for the 5km fun 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 10 km = 3 hours 5 km = 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 5 August 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 (21km and 10km trail run) and arm band (5km trail run) will take place on Friday, 9 August 2024 from 06:00 at Chandelier Game Lodge.
- LOCATION: Located on the N12 (Route 62) 7km from Oudtshoorn, enroute to George. GPS: Latitude: \$33° 39.933 Longitude: E22° 14.354.



# **CDM AFRICA CLIMATE SOLUTIONS**



# A special Women's Day Gift for all the women who pre-enter.

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



Held under the rules of ASA | ASWD | WA







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

MINOR RELEASE

#### DATE

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/quardian in the case of a minor).

**RACE TIMING** 

Gold

Silver

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!!

First 5 Men and Women

Next 20

Bronze Everyone

1

2

3

R1000

R750

R500

WOMEN

OPEN

R500

R300

R200

1

2

3

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.

DATE

## **NO TIMING CHIP - NO RESULT!**