

6 National Road, De Dekke Centre, Great Brak, South Coast.

<u>0446202300</u> Mon-Fri: 07h30 - 19h30 Sunday: 08h00 - 16h00 dedekke1@retail.spar.co.za Saturday: 07h30 - 19h30 Public Holidays: 07h30 - 19h30

DE DEKKE SPAR GROOTBRAK

DE DEKKE SPAR 21.1km, 10km, Pretdraf 01-Feb-25

	ONLINE ENTRIES
Distance	21.1km, 10km, Fun run
Cost	Fun run = R35.00
Cost	10km= R90.00 (ASA license athlete)
Cost	10km= R135 .00(No license athlete)
Cost	21.1km= R110.00(ASA license athlete)
Cost	21.1km= R155.00(No license athlete)
Where	www.aswd.co.za
Close date	27 Jan 2025 @ 12h00
	Entries on 31 Jan 2025

Entries form opening till 27 Jan 2025 **Distance** 21.1km, 10km, Fun run Cost Fun run = R35.00 Cost 10km= R80.00 (ASA license athlete) Cost 10km= R125 .00(No license athlete) Cost 21.1km= R100.00(ASA license athlete) Cost 21.1km= R145.00(No license athlete) Where www.aswd.co.za Close date 27 Jan 2025 @ 12h00

Where 6 National Road, De Dekke Centre, Great Brak, South Coast. Distance 21.1km, 10km, Fun run Cost Fun run = R35.00 Cost 10km= R100.00 (ASA license athlete) Cost 21.1km= R145.00(No license athlete) Cost 21.1km= R165.00(No license athlete) Cost 21.1km= R165.00(No license athlete)

NO ENTRIES ON RACEDAY

General information

Start 21.1km start at 06h00, 10km start 06h15, Funrun start at 07h00, All start will be at the DE DEKKE SPAR

NO ENTRIES ON RACE DAY

www.aswd.co.za

Finsch Medals Al distance end at DE DEKKE SPAR
Fun run all who compleet the fun run in 1h30
10km athletes compleet the race in 2 hours
21.1km athletes compleet race in 3h30
Ferdie 083 294 2640

Waterpoint
Timing
nformatior

Where

Every 3km will be a waterpoint Timing bedone by ASWD athletes get a chip

Petro 072 259 6759



The Race is held under the rules of ASA and ASWD





HARTENBOS DRAWWERS



	DE DEKKE SPAR 10km en 21.1km																	
ENTRY FORM																		
Entry for 10km and 21.1km																		
Online entries	Pre-enries 10km licensed athlets					R80	Licenced Nr 10km											
Online entries 10km unlicensed athletes R13						Pre-enries 10km unlicensed athlets					lets	R125	Temp licenced Nr 10km					
Online entries 21.1km licensed athletes R110						Pre-entries 21.1km licened athlets					R100	Licenced Nr 21.1km						
Online entries 21.1km unlicened athletes R155							Pre-entries 21,1km unlicened athletes					R145	Temp	licence	ed Nr 2	1.1km		
CLOSE	D ON 2	7 Jan 2	5 at 12	h00		CLOSED ON 27 Jan 25 at 12h00						For office use only						
Entries on 31 Jan	km																	
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ntries on 31 Jan 2	25 21.1	km unli	cened	athlete	R165	Temp licenced Nr 21.1km						AND TIME TAGS						
Entries 31 、	Jan 25	form 1	5h00 til	l 18h00)		Fo	or office	use or	lly								
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Date of birth										Age				Male			Female	
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2024/2025 Licen	4/2025 License Nr ASA Province								ASA	A Provi	nce							
10km		21.1km			Run													
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								kateog 50-59	orie / A					70-79			80+	
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		RULES AND REGULATIONS							
1	Age	The minimum age for the 5 km is 7 years, however entrants younger than 7 years can participate in the 5 km if accompanied by a guardian who is 16 years or older. Minimum age on race day is 14 years for the 10 km. Minimum age on race day is 16 years for the 21.1 km.							
2	Second	No seconding from cyclists or private vehicles allowed. Personal seconding, stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 34.8.2).							
3	Safety	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.							
4	Age tags	Participants will be eligible for prizes in the OPEN category tag or junior tags if 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)							
5	Prize Giving	No Prize giving after the event, all the athletes who is prize winners will have to fill in the form so that the prize money can be paid into theire bank account.							
6	Proof of age	Athletes must give proof of age at the request of the Race Referee. (SA ID/Passport/Driver's License/Refugee Permit/Birth Cert.)							
7	Foreigners	No Foreigners are allowed to enter for this event.							
8	Rules used	All road races held subject to the rules of ASA and Athletics SWD. 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 organiser reserves the right to accept/reject any entry received.							
		Online can be done at www.aswd,co.za and entries vorms will be at ASWD office and at all clubs.							
9	Entries	Late entries only on 31 Jan 25 at De Dekke Spar in Greatbrak between 15h00 till 18h00							
		NO ENTRIES ON RACE DAY							

	INFORMATION													
	ENTRY FORM													
1	Enti	y forms will b	e at the follow	ing places av	aihle	Entries vorms will be avaible at ASWD office,								
		y 1011110 Will D	c at the follow		artenbos Drawwers Clubhouse in Diaz									
2		Where to enter for event												
	Online entries at www.aswd.co.za, online closed on 27 Jan 25 @ 12h00													
	Manaul entries can be hand in at ASWD Office in George, Hartenbos Drawwers Clubhouse in Diaz,													
3														
	Manaul entries closed on 27 Jan 2025 at 17h00													
4	Late entries													
_	Any late entries can be done on 31 Jan 25 at the De Dekke Spar in Grootbrak form 15h00 till 18h00													
5	Manaul entries payment Hartenbos Drawwers													
	Hartenbos Drawwers Standard bank (Savings Account) Reference: Name and Surname													
	Branch code: 051001 Entry form plus proof of payment must be send by email to													
	Account number 385414803 Entry form plus proof of payment must be send by email to													
6					on of temp n	umbe	r and t		<u></u>	J				
	31 Jan	25 15h00 tot 1	8h00 and 1 Fe		•				kke Spar Grea	atbrak				
7	Pric	e giving 15mir	n after last ath	lete complete	race	8			limit on 10kr					
9		1st 500 entrie	s will be exce	pted on 10km		10		10km sta	ert at 06h15 by	De Dekke Sp	ar			
11			mit on 21.1km			12				cepted on 21.				
13		21.1km start	at 06h00 by D	e Dekke Spar		14		aterpoints is l	between 2.5km	n and 3,5km e	very time			
15_					Price mone	,								
	PLACE	L			Men/Women					Men/Women				
L		OPEN	JUNIOR	40 – 49 50 - 59		60 – 69		70 - 79	80+	Walk	HARTENBOS			
_	1	R500	R200	R200	R200	R2	00	R200	R200	R200	R200			
L	2	R400												
16 16	3	3 R300 Price money for 10km												
╵		Mon/Womon	Mon/Momon	Man/Maman	Men/Women			Men/Women	Man/Maman	Man/Maman	Man/Maman			
	PLACE	OPEN	JUNIOR	40 – 49	50 - 59	60 – 69		70 - 79	80+	Walk	HARTENBOS			
-	1	R300	R100	R100	R100	R100		R100	R100	R100	R100			
╽	2	R200	11100	11.00	11100	- 111		11.00	11.00	11100	11100			
╽┠	3	R100												
47	-				Contact	perso	ns							
17	Ferdie	·												