

RULES AND REGULATIONS

<p>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.</p>			
<p>Club Colours: Athletes must participate in their correct club colours and display the ASA 2023 license numbers on the <u>front and back</u> of the vest, All other runners must display temporary number on <u>front</u> of vest. No advertising allowed.</p>			
<p>Cut-off time: 10km = 2 hrs - 21.1km = 3 1/2 hrs - 42.2km = 5 1/2 hrs</p>			
<p>Distance markers: Will be placed at every kilometre.</p>			
<p>Foreigners: All foreign athletes must comply with IAAF 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.</p>			
<p>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 Cert)</p>			
<p>Refreshment Tables: Drinking / Sponging stations shall be provided close to 3km intervals. Water and other suitable refreshments shall be available at the start and finish of all races.</p>			
<p>Road: Athletes must stay on the right- hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers. 42km Runners will run on the Lagoon side of the N2 until directed to cross near the White bridge</p>			
<p>Safety Rule (ALL DISTANCES): No Earphones (ASA Rule 30.10.6), Animals (ASA Rule 30.10.1) Racers (ASA Rule 30.10.3), or Wheelchairs (ASA Rule 30.10.4) are allowed.</p>			
<p>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 30.8)</p>			
<p>Age Tags: Participants will be eligible for prizes in the <u>OPEN</u> category and the age category for which they have entered provided the relevant <u>OFFICIAL ASWD</u> 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 Open. (Red age tag or "W" tag)</p>			
Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R20.00	None	9 years
10km	R70.00	R40.00	14 years
21.1km	R90.00	R40.00	16 years
42.2km	R110.00	R40.00	20 years
<p>Late entries available on the day of the event from 5:00 till 5:45 at the start venue. Late entries will attract a R20 late entry fee. Online entries available from www.knysnamarathonclub.com No admin fee is charged for online entries. Online entries close on 1 March</p>			



Rawson Knysna Heads Marathon Saturday 4 March 2023

Knysna Heads Marathon

42.2km, 21.1km, 10 km & 5km

Comrades & Two Oceans Qualifier



YOUR NEIGHBOURHOOD EXPERTS

VENUE: Thesen Islands
Saturday - 4 March 2023

TIME: 06h00 (42.2km & 21.1 km)
06h30 (10km & 5km)

HELD UNDER THE RULES OF ASA AND ASWD



This event is timed by IPICO timing chip. NO CHIP NO TIME

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INFORMATION

Registration and late entries: www.knysnamarathonclub.com			
Thesen Islands, Knysna, 5:00 till 5:45 on 4 March 2023			
Transport: Bailers pickup on the 42km will be provided.			
ASWD licensed athlete 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.			
Start: Thesen Islands, Knysna, 42km & 21km start at 6:00 10km & 5km start at 6:30			
Finish: Thesen Islands, Knysna			
Ablution: Toilets at the Venue, Showers will be open at the Knysna Marathon Club house at Loeri Park, George Rex Drive			
First Aid: at the venue and along the route.			
Hand-outs: Lucky Prizes			
Medals: Medals to all finishers who complete the race within the cut-off time.			
Prize giving: Thesen Islands. 10km and 21km Prize giving at 10:00 42km Prize giving at 11:30 Athletes are responsible to collect their own prize money or make an alternative arrangement with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.9)			
	42 Km	21 km	10 km
1st Open	R 750	R 500	R 250
2nd Open	R 500	R 400	R 200
3rd Open	R 400	R 250	R 150
40-49	R 500	R 250	R 150
50-59	R 500	R 250	R 150
60-69	R 500	R 250	R 150
70+	R 500	R 250	R 150
Junior		R 250	R 150
Walker		R 250	R 150
Route: Along the waters edge – very flat for fast times			
Enquiries: Barry Danvers 083 2921580			
Email - cathy.danvers@yahoo.com			

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.

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ENTRY FORM

ADMIN USE
CHIP NO
TEMP NO

SURNAME							
FIRST NAME							
PROVINCE					LIC NO 2023		
DATE OF BIRTH	D	d	m	M	yyyy	AGE	
MALE					RUNNER		
FEMALE					WALKER		
CLUB							
ADDRESS							
CELLPHONE NR							
ID / BC / PR NUMBER							
EMAIL ADDRESS							
EMERGENCY Contact / Cell							
PARTICIPATION AGE CATEGORY:							
JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70+ (Walker = OPEN)							
Race	Entry Fee	Temp Lic Fee	TOTAL				
Fun Run	R20.00	None					
10km	R70.00	R40.00					
21.1km	R90.00	R40.00					
42.2km	R110.00	R40.00					
Late Entry Fee	R20.00						
Donation Knysna NSRI							
		Total					

INDEMNITY / DISCLAIMER By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and physical nature of this sporting event. 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.

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Signature

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Date
Parent/Guardian (if under 18 years)

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