



10 KM
N T E
R A C E
& 4.8km FUN RUN

Sponsored by



at the

Knysna

Marathon Club

16 December 2022

Time: 18:00



INFORMATION

Online Entries only @ www.knysnamarathonclub.com
Open until 13/12/2022 5 km - R25.00; 10km - R70.00. Race day entries R20.00 penalty.

Start/Finish/Parking: Knysna Marathon clubhouse parking area, Loerie Park.
 Race Start and Finish is at the clubhouse.

Ablution: Ablution and showers available at clubhouse.

Medals: Medals to all finishers who complete the race within the cut-off time.

Prize giving: The Prize money will be transferred to athletes via EFT or by Cell-phone payment. Forms for this purpose will be available at the finish. The winners will be finalized at the finish.

Prize Money: Equal Prize money will be awarded to men and women in the following categories for the 10km run:

Place	Open	40-49	50-59	60-69	70-79	80+	Junior	Walkers
1st	R 300	R 200	R 200	R 200	R 200	R200	R 200	R 200
2nd	R 200	R 150	R 150	R 150	R 150		R 150	R150
3rd	R 150							R100
4th	R 100							

Route: 4,8km: out and back along George Rex Drive;
10km: out along George Rex Drive, around Leisure-island and back to clubhouse – very flat for fast times!

Walkers to start at the back of the field.

First Aid: - At the venue and along the route.

Race Convener: - Barry Danvers 083 292 1580
 Email: cathy.danvers@yahoo.com

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 2022 license number on the front and back of the vest. All other runners must display temporary number on the front of vest. No Temporary License is needed for the 4,8km Fun run.

Cut-off time: 10km = 1 ½ hours 4.8 km = 1 hour

Distance markers: Will be placed at every kilometre.

Minimum ages: 4.8 km = 9 years, 10km = 14 years. Athletes must give proof of their age at the request of the Race Referee. (ID / Birth Certificate / Permanent Residence Permit)

Refreshment Table: A Water point shall be provided at the entry onto Leisure Island. Water will also be available at the start and finish for the fun Run.

Road: Athletes must stay on the right-hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.

Safety: No animals or racers (push carts or prams) will be allowed. (ASA rule 34.10.1; 34.10.3) No earphones or in-ear music devices will be allowed. (ASA rule 34.10.6) - Immediate disqualification (Applies to all events)

Seconding: No seconding will be allowed on the route.

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 Red ASWD age category tag or Junior tag is displayed front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to Senior.

Walkers must wear the red age tag and the Red "W" tag (ASA rule 22.9)

Distance	Entry Fee	Temp Lic Fee	Minimum Age
4.8 km Fun Run	R25	None	9 years
10km	R70.00	R40.00	14 years

RULES AND REGULATIONS

**Voluntary donations will go to KAWS.
The 10 Km event is timed by electronic chip.
NO CHIP NO TIME**



ASWD licensed athletes will use their current personalised chips.

A timing chip will be made available, on a loan basis, to all participants in the 10 km race. 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.

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 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.

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Signature

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Date

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.

Parent / Guardian**Cell No**.....