



Waterfront Half Marathon

Presented by



KNYSNA HOLLOW
COUNTRY ESTATE

**21km, 10 km and 5 km fun run
at the Knysna Water-front**



DATE: 12 November 2022

TIME: 07h00

**This is a shopping, eating and adventure destination.
Make it a Weekend!**



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Knysna Hollow Waterfront 21.1km 12 November 2022

INFORMATION

Online Entries only @ www.knysnamarathonclub.com

Open until 08/11/2022 @23h59. 5 km - R35.00; 10km – R70.00; 21.1km – R90.00 **Race day entries R20.00 penalty.**

Start/Finish/Parking: Knysna Waterfront.

Parking at the Waterfront Drive parking area.

Race Start/Finish at the South Waterfront Parking area.

Ablution: Available at Venue. No showers at finish.

Accommodation: www.knysnahollow.co.za

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

No Prize giving at the event. 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.

Appeals will be dealt with after conclusion of event.

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

10km		21km	
Open	First R 300.00 Second R 200.00 Third 3 R 150.00	Open	First R 500.00 Second R 300.00 Third 3 R 200.00
40 – 49	First R 150.00	40 – 49	First R 200.00
50 – 59	First R 150.00	50 – 59	First R 200.00
60 - 69	First R 150.00	60 - 69	First R 200.00
70+	First R 150.00	70+	First R 200.00
Junior	First R 150.00	Junior	First R 200.00
Walker	First R 150.00	Walker	First R 200.00

Route: 5 and 10 km: out and back along the waters-edge – very flat for fast times! 21Km: along waters-edge with a “bump”!

ASWD Licensed athlete take note: Forget your 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.

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

Race Convener: - Barry Danvers 083 292 1580

Email: cathy.danvers@yahoo.com

RULES AND REGULATIONS

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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 the temporary license number on the front of vest. No advertising allowed. No Temporary License is needed for the 5km Fun run
Cut-off time: 5km = 1 ½ hours; 10km = 2 hours; 21km=3hours.
Distance markers: Will be placed at every kilometre.
Minimum ages: 5 km = 9 years, 10km = 14 years 21km = 16 years Athletes must give proof of their age at the request of the Race Referee. (ID / Birth Certificate / Permanent Residence Permit)
Refreshment Tables: A Water point shall be provided at the 10 km turn-point. Water will also be available at the start and finish for the fun Run.
Road: Athletes must stay on the brick paved route and move to the right-hand side of the road at all other 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 from cyclists or private vehicles will be allowed on the route. No seconding will be allowed.
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 front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. Red age tag or Orange "W" tag for Walkers (ASA rule 22.9)
Temporary licenses: Will be available to runners at the cost of R35.00.
Transport: No transport will be provided,adequate parking is available.

The 10 and 21Km events 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 and 21km 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.

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ENTRY FORM

Surname			
First name			
Province		2022 Lic. no	
Club			
Date of Birth		Age	
Female		Runner	
Male		Walker	
Address		Emergency contact details	
		Relation	
		Name	
CELL No.		Cell No.	
ID NUMBER			
5KM –Fun run R25.00		10KM – R70.00	21Km-R90.00
PARTICIPATION CAT:10 km OPEN / 40 – 49 / 50 – 59 / 60-69 / 70 +/JUNIOR/WALKER			
	ENTRY FEE		
	Temp Licence R40.00 (Not needed for 5 km)		
	Voluntary donation to KAWS		
	TOTAL		

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.

.....
Signature

.....
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 / GuardianCell No.....

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