

## RULES AND REGULATIONS

**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 2024 license numbers on the front and back of the vest, all other runners must display temporary number on front of vest. No advertising allowed.

**Cut-off time:** 10km = 2 ½ hrs

**Distance markers:** Will be placed at every kilometre.

**Foreigners:** All foreign athletes must comply with WA rule 142.2 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day.

**Proof of Age:** Athletes must give proof of their age at the request of the Race Referee. (SA ID/Passport/Driver's License/Refugee Permit/Birth Cert since 1994)

**Refreshment Tables:** Drinking / Sponging stations shall be provided at 3km intervals (Min 2.5km – Max 3.5km apart), or more frequently if weather conditions warrant such provision. Water and other suitable refreshments shall be available at the start and finish of all races.

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

**Safety Rule (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.

**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 34.8.2)

**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, 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**

| Race    | Entry Fee | Temp Lic Fee | Minimum Age |
|---------|-----------|--------------|-------------|
| Fun Run | R35.00    | None         | 9 years     |
| 10km    | R80.00    | R45.00       | 14 years    |

**Add R10.00 when entering online**

### **Protection of Personal Information Act 4 of 2013**

**All information will be processed inline with section 11 of this act; by completing this form you consent to your personal information to be processed accordingly.**

KMC NITE RACE

# 10KM NITE RACE



& 4.8km FUN RUN

Presented by



**DATE 14 December 2024**

**TIME-18h00**

**VENUE-KMC clubhouse- George Rex  
drive**

**HELD UNDER THE RULES OF ASWD, ASA and WA**



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

KMC NITE RACE  
**INFORMATION**

**Registration and late entries: from 16h30 at KMC club house George rex drive.**

**Race day entries will attract a R20 premium to advertised rates**

**Online entries-[www.knysnamarathonclub.co.za](http://www.knysnamarathonclub.co.za) -25 October till 11 December 2024. Add R10,00 when entering online.**

Enter at the following sport shop by hand: **Top Gear George**

**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/finish** -KMC CLUB HOUSE – 17H00

First aid- On route and start venue

**Ablution:** At start venue

**Hand-outs:** Lucky draws

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

**Prize giving:** KMC clubhouse from 19h00. All Prize winners must be in their club colours when collecting their prize. Winners must be present at prize giving otherwise the prize will be forfeited. No Exceptions!

**Prize Money:** Equal **prize money** for male and female athletes.

| Categories | Position   |
|------------|------------|
| Open       | 1. R300.00 |
|            | 2. R150.00 |
|            | 3. R100.00 |
| 40-49      | 1. R150.00 |
| 50-59      | 1. R150.00 |
| 60-69      | 1. R150.00 |
| 70-79      | 1. R150.00 |
| 80+        | 1. R150.00 |
| Walker     | 1. R150.00 |
| Junior     | 1 .R150.00 |

**Route:** Flat and fast perfect to run your next pb.

**Welcome:** Walker's welcome

**Enquiries:** Race convenor: Morney Willemse 065 857 0273  
[mwillemse@westerncape.gov.za](mailto:mwillemse@westerncape.gov.za)

**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.

KMC NITE RACE

# ENTRY FORM

|         |
|---------|
|         |
| CHIP NO |
| TEMP NO |

|                                                                                        |           |   |              |             |       |     |
|----------------------------------------------------------------------------------------|-----------|---|--------------|-------------|-------|-----|
| SURNAME                                                                                |           |   |              |             |       |     |
| FIRST NAME                                                                             |           |   |              |             |       |     |
| PROVINCE                                                                               |           |   |              | LIC NO 2024 |       |     |
| DATE OF BIRTH                                                                          | D         | d | m            | M           | yyy   | AGE |
| MALE                                                                                   |           |   |              | RUNNER      |       |     |
| FEMALE                                                                                 |           |   |              | WALKER      |       |     |
| CLUB                                                                                   |           |   |              |             |       |     |
| ADDRESS                                                                                |           |   |              |             |       |     |
| CELLPHONE NR                                                                           |           |   |              |             |       |     |
| ID / BC / PP / DL No.                                                                  |           |   |              |             |       |     |
| EMAIL ADDRESS                                                                          |           |   |              |             |       |     |
| EMERGENCY Contact / Cell                                                               |           |   |              |             |       |     |
| PARTICIPATION AGE CATEGORY: JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70-79/80+/WALK |           |   |              |             |       |     |
| Race                                                                                   | Entry Fee |   | Temp Lic Fee |             | TOTAL |     |
| Fun Run                                                                                | R35.00    |   | None         |             |       |     |
| 10km                                                                                   | R80.00    |   | R45.00       |             |       |     |

**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 dangers of 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;

**Minor Release:** 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/guardian in the case of a minor).....

Phone:..... Signature:..... Date:.....