

## 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 2025 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 hrs, 21.1km = 3.30 hrs, 42.2km = 5.15 hrs

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

**Foreigners:** All foreign athletes must comply with WA 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.

**Proof of Age:** Athletes must give proof of their age at the request of the Race Referee. (SA ID/Passport, Birth Certificate / Refugee Permit or Drivers Licence)

**Refreshment Tables:** Drinking stations will 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 will be available at the start and finish of all races.

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

**Safety Rule (ALL DISTANCES):** No Earphones (ASA Rule 34.10.06), Animals (ASA Rule 34.10.1), Racers (ASA Rule 34.10.3) .

**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 tag / White background (ASA Rule 22.9)**)

Race	Entry Fee	Temp Lic Fee	Minimum Age
5km	R40	none	
10km	R90.00	R45.00	14 years
21.1km	R120.00	R45.00	16 years
42.2km	R180.00	R45.00	20 years

