

INSKRYWINGSVORM/ENTRY FORM

42,2 km	21,1 km	10,4 km
VAN/SURNAME		
VOORNAAM/FIRST NAME:		
ATLETIEKKLUB/ATHLETIC CLUB:		
2015 LISENSIE NO./2015 LICENSE NO:		
PROVINSIE/PROVINCE:		
SEL/CELL:		
E-POS/E-MAIL:		
OUDERDOM/AGE:		
ID NOMMER/NUMBER:		
GESLAG/SEX:		
DEELNAME KATEGORIE/PARTICIPATION CATEGORY:		
JUNIOR / OPEN / 40 - 49 / 50 - 59 / 60 - 69 / 70+		

INDEMNITY I agree not to hold the Langeberg Athletic Club or any other sponsors, or any persons assisting in the organization or holding of the race liable for any loss, injury or illness, which I may suffer directly or indirectly as a result of participating in the race, or for any damages to my property or loss of my property which I may suffer directly as a result of participating in the race. I confirm that this special agreement is entered into for the benefit of the Langeberg Athletic Club, the sponsor and the persons assisting in the organizing and holding of the race.

Signature:

Parent/Guardian (If under 18 years):

Wallace Anderson Computer Designs - wacd@mweb.co.za - 028 7133807

PRYSE/PRIZES

	Mans / Men			Dames/Ladies		
	10,4	21,1	42,2	10,4	21,1	42,2
Open						
1st	100	300	500	100	300	500
2nd	60	150	250	60	150	250
3rd	40	50	100	40	50	100
40-49						
1st	50	100	200	50	100	200
50-59						
1st	50	100	200	50	100	200
60-69						
1st	50	100	200	50	100	200
70+						
1st	50	100	200	50	100	200
Junior						
1st	50	100		50	100	

TOEKENNINGS/AWARDS

SILWER/SILVER: Marathon - sub 3h15min
Half marathon - sub 1h30min

BRONS/BRONZE: Almal wat die wedloop binne afsnytyd voltooi.
Everyone completing the race within the cut-off time.

10,4 KM AWARDS: Medals to all finishers

Entry information:

Distance:	42,2 km	21,1 km	10,4 km
Entry fee:	R90	R70	R60
Temporary license: (R35)	R	R	R
Total:	R	R	R

BETALING/PAYMENT

Entry forms can be sent to:
P.O. Box 229, Heidelberg, 6665 or faxed to 028 722 1400
or enter online at www.aswd.co.za

All posted and faxed entries should include proof of payment into the following back account:
Nedbank, Acc nr. 147 001 4610, branchcode 132105



Viakte Marathon Halfmarathon & 10,4 km

Heidelberg tot Witsand 28 November 2015

(Incorporating ASWD Marathon Championships)



42,2km : 05h00
21,1 km : 06h00
10,4 km : 07h00



ONLINE ENTRIES:
www.aswd.co.za
www.langebergathletics.co.za



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

General Information/Algemene inligting

1. Die wedloop vind plaas op Saterdag, 28 November 2015

2. The closing date and time for entries:

Online entries will close on Thursday, 26 November 2015 at midnight.

Late entries will be accepted on Friday, 27 Nov 2015 between 17h00 and 20h00 at the Heidelberg High School Sports ground.

Late entries will also be accepted on Saturday morning, 28 November 2015 at the following times:

From 04h00 - 04h45 at the Heidelberg Sports ground for all the races.

05h00 - 05h45 at Zoutpan (start of the half marathon)

06h00 - 06h45 at Vondeling Primary School (Start of the 10.4 km race).

3. Navrae:

Nico Steyn 083 226 3091

BV Kantoor 028 722 1192

4. Starting point and time of races:

42.2km: Heidelberg High School Sports Ground at 05h00

21.1km: Zoutpan at 06h00 (Halfway down the R323 to Witsand)

10.4km: Vondeling Primary School at 07h00 (10 km from Witsand on the R323)

All three races end in Witsand.

5. Vervoer:

Vervoer sal beskikbaar wees vanaf die eindpunt na die beginpunt na afhandeling van die prysuitdeling. Daar word aanbeveel dat atlete hiervan gebruik maak.

Vervoer is beskikbaar die oggend vanaf Witsand kampeer terrein stiptelik om 3:30. **Kontak Nico Steyn: 083 226 3091** vir meer inligting. Transport to the start of the Half marathon will depart from the starting point at Heidelberg High School Sports Ground at 05h00 sharp.

6. The prize giving will take place at 10h30 in Witsand.

7. Tydelike nommers sal beskikbaar wees vir atlete.

8. Walkers are welcome.

9. Die organiseerders aanvaar geen verantwoordelikheid vir inskrywings wat in die pos wegraak nie.

10. Pasta etes sal Vrydagaand beskikbaar wees by Delish, River Breeze en Road House, Anchor Ridge.

11. Accommodation:

A variety of accommodation is available ranging from "low budget" in the local High School hostel (**028-722 1455 Mon-Fri 08:00-14:00**) to guest houses or visit the following link for more information:

www.riebenstravel.com or call **087 802 6403** to get more information on accommodation.

12. Noodhulp sal beskikbaar wees en ablusie fasiliteite by begin- en eindpunte.

13. 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 R50 for a replacement chip.

14. 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



ORGANISED by Langeberg Athletics Club

GOODY BAGS TO THE FIRST 100 ENTRIES!



Race Rules/Wedloopreëls

1. 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 reserve the right to accept / reject any entry received.

2. Deelnemers moet in klubklere deelneem en 16 jaar en ouer wees vir die half marathon, en 20 jaar en ouer vir die marathon, 15 jaar vir 10,4 km.

3. **Club colours:** Athletes must participate in their correct club colours and display the ASA 2015 license/temporary numbers on the back and front of their vest. All other runners must display temporary number on the back and front vest.

4. Die amptelike tydsbeperking is **5 uur 30 min vir die marathon, 3 uur 30 min vir die halfmarathon en 2 uur vir die 10,4 km.**

5. **Refreshment tables:** Drinking/Sponging stations shall be provided at every 3 km Intervals. Water and other suitable refreshments shall be available at the start and finish of all races.

6. **Road:** Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and traffic officers.

7. **Seconding:** No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding will only be permitted within 1m on either side of a refreshment station. Applicable to all distances

8. **Safety Rules (ALL DISTANCES):** No Earphones (IAAF Rule 144.2b), Animals (ASA Rule 21.4.1) or Racers (ASA Rule 21.4.3) allowed.

9. **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**).

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

11. **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.

12. **Proof of Age:** Athletes must give proof of their age at the request of the Race Referee. (Original ID / Birth Certificate / Permanent Residence Permit)