

Outeniqua Harriers & ASWD



Louis Massyn : 50th Comrades Marathon completed
47th Two Oceans Ultra Marathon completed

WHEN: 15 December 2025

TIME: 10km Night Race - 18h00
5km Fun Run - 18h10

VENUE: ROCKET 27 Arbour Rd, George

IN ASSOCIATION WITH



Western Cape
Government
FOR YOU



HELD UNDER THE RULES OF ASA, ASWD and WA



THIS EVENT IS TIMED BY IPICO TIMING CHIP. **NO CHIP NO TIME**

INFORMATION

Registration and Late Entries: Late entries on Monday, 15 December 2025 from 15h00 till 17h30

Pre-entries: Top Gear Sport, Meade Street, Lorie Centre (Ters) and MountCo, Courtenay Street until Thursday, 11 December 2025 at 17h00.

Online Entries: ASWD- <http://www.aswd.co.za> Close Thursday, 11 Dec. at 23h50.

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: 18h00 at Rocket (27 Arbour Rd, Heatherlands) - 10km
18h10 at Rocket (27 Arbour Rd, Heatherlands)– 5km Fun Run

Finish: Rocket, 27 Arbour Rd, Heatherlands, George

Ablution: Available at start and finish

Medals: Medals to the first 500 who complete the race within cut-off time in the 10km and First 150 in the Fun Run

Prize giving: 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.

(Prize money for disabled athletes will only be awarded if there are three athletes racing in the same specification category.)

	OPEN	40 – 49	50 – 59	60 -69	70-79	80+ =	J =
10km	1 R2000	1. R500	1. R500	1. R500	1 R500	1 R500	1 R500
	2 R1000	R250	R250	R250	R250	R250	R250
	3 R500						
	4 R250						
	5 R100						

Route: Will be Available

First Aid: Available

Welcome: Walkers / Wheelchairs

Enquiries: Johan Du Preez @ 084 501 0168

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.

ENTRY FORM

<u>ADMIN USE</u>
CHIP NO
TEMP NO

SURNAME										
FIRST NAME										
PROVINCE					LIC NO 2025					
DATE OF BIRTH	d	d	m	m	yyyy		AGE			
MALE					RUNNER					
FEMALE					WALKER					
CLUB										
ADDRESS										
CELLPHONE NR										
ID / BC / PR NUMBER										
EMAIL ADDRESS										
EMERGENCY Contact / Cell										
PARTICIPATION AGE CATEGORY:										
JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60 – 69 / 70 – 79/ 80+										
Race	Entry Fee		Temp Lic Fee		TOTAL					
5km Fun Run	R45.00		None							
10km	R100.00		R50.00							

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:.....

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 <u>front and back</u> of the vest. All other runners must display temporary number on <u>front</u> of vest. No advertising allowed.			
Cut-off time: 10km = 2 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/Drivers License/Refugee Permit/Birth Cert)			
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 stay on the right hand side of the road at all times, 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, <u>stand and hand rule</u> will only be permitted within <u>the delineated area at water points.</u> (ASA Rule 34.8.2)			
Age Tags: Participants will be eligible for prizes in the <u>OPEN</u> category and the age category for which they have entered provided the relevant <u>OFFICIAL ASWD</u> age category tag or junior tags is displayed, <u>visible and above license number</u> , 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 Fun Run	R45.00	None	9 years
10km	R100.00	R50.00	14 years