



Cape**Multisport**Eden

**Presents:**

# **Hoekwyl 21.1km, 10km & 3km Fun Run**

## **11 May 2024**

**08h00 (21.1km & 10km)**

**08h15 (3km Fun Run)**

**NG Kerk Hoekwyl - Die Vleie Kontrei Basaar**

**PANNEKOEK, BASAAR POEDING, ONTBYT, DONKIEKAR ORKES**

### **Entries:**

- \* EFT: Standard Bank =, Branch # 051001, Acc # 061143405, Ref: Name & Surname. Please mail POP to [race@cmce.co.za](mailto:race@cmce.co.za)
- \* In Person: Top Gear, Meade Street, George until 8 May 2024
- \* Online: [www.aswd.co.za](http://www.aswd.co.za) (R10 online fee)
- \* On Race Day: 06h30 at start venue (R20 penalty charge)



**Held under the rules of ASA**

This event is timed by IPICO timing



**Contact Person: Helena 076 593 9636 or [race@cmce.co.za](mailto:race@cmce.co.za)**

## INFORMATION

<p><b>Pre entries:</b> 1. Enter online at <a href="http://www.aswd.co.za">www.aswd.co.za</a> (R10 added to online Fee)                  2. Pre-entries can be completed at Top Gear                  3. Closing date for online entries Wed, 8 May 2024 12h00                  4. Closing date for manual entries Wednesday, 8 May 2024 17h00</p>																																																																																
<p><b>Registration and late entries at Hoekwil Church on race day:</b>                  Registration 6h30 – 7h30 on race day, 11 May 2024. <b>Late Entries will attract a R20 premium to advertised rates</b></p>																																																																																
<p><b>Transport:</b> No transport available</p>																																																																																
<p><b>ASWD Licensed athlete take note:</b> 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.</p>																																																																																
<p><b>Start:</b> 10km &amp; 21.1km NG Kerk Hoekwil at <b>8h00</b>, 3km Fun Run at <b>8h15</b></p>																																																																																
<p><b>Finish:</b> NG Kerk Die Vleie, Hoekwil</p>																																																																																
<p><b>First Aid:</b> Provided</p>																																																																																
<p><b>Hand-outs:</b> Lucky Prizes</p>																																																																																
<p><b>Medals: Gold, Silver and Bronze</b> handed at the prize giving for the first 3 finishers for male and female in the 10km and 21.1km races/winner race walkers. Bronze medals to all finishers within the cut-off time</p>																																																																																
<p><b>Prize giving:</b> NG Kerk Hoekwil at 11am.                  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!</p>																																																																																
<p><b>Prize Money (equal for male and female):</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>10km</th> <th>OPEN</th> <th>40-49</th> <th>50-59</th> <th>60-69</th> <th>70+</th> <th>80+</th> <th>JUN.</th> <th>WALK</th> </tr> </thead> <tbody> <tr> <td>1st</td> <td>300</td> <td>100</td> <td>100</td> <td>100</td> <td>100</td> <td>100</td> <td>100</td> <td>100</td> </tr> <tr> <td>2nd</td> <td>200</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>3rd</td> <td>150</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>21.1k</td> <th>OPEN</th> <th>40-49</th> <th>50-59</th> <th>60-69</th> <th>70+</th> <th>80+</th> <th>JUN.</th> <th>WALK</th> </tr> <tr> <td>1st</td> <td>400</td> <td>100</td> <td>100</td> <td>100</td> <td>100</td> <td>100</td> <td>100</td> <td>100</td> </tr> <tr> <td>2nd</td> <td>250</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>3rd</td> <td>200</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>									10km	OPEN	40-49	50-59	60-69	70+	80+	JUN.	WALK	1st	300	100	100	100	100	100	100	100	2nd	200								3rd	150								21.1k	OPEN	40-49	50-59	60-69	70+	80+	JUN.	WALK	1st	400	100	100	100	100	100	100	100	2nd	250								3rd	200							
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<p><b>Route:</b> Starting and Finish at NG Die Vleie Kerk running North Easterly on Hoekwil road and back along the same road.</p>																																																																																
<p><b>Enquiries:</b> Helena Ferreira 076 593 9636 or <a href="mailto:race@cmce.co.za">race@cmce.co.za</a></p>																																																																																

**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 personalized 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.