

**BUFFALO ROAD RUNNERS
PROUDLY PRESENT THE**



**43RD WASHIE 100
12 - 13 JULY 2019**



**Once a Buff,
always a Buff!**



ENTRY FORM

PLEASE WRITE CLEARLY AND ACCURATELY.

Surname					
First Name					
Date of Birth		Gender: Male	<input type="checkbox"/>	Female	<input type="checkbox"/>
Age on race day		ID Number			
Athletic Club					
Licence No.					
Address					
Province Code		Email address			
Cellphone No.		Next of Kin Name			
Washie 100's completed		Next of Kin Contact No.			

All entrants must be a licenced athlete

I am medically fit to participate and fully understand that I enter this event at my own risk and the organisers and their sponsors will not be held responsible for any injury during or as a result of the event or for any loss or damage to property on the course or Buffalo Club property. This event is run in accordance with the rules of the IAAF, Athletics South Africa and Border Athletics. All foreign athletes must comply with IAAF rule 4.2 and ASA rule 4.5. I state that I have a seconding team and will not expect the organisers or other athletes teams to provide me with seconding assistance.

SIGNATURE _____

ENTRY FEES

NOVICE - R825.00
PREVIOUS FINISHER R700
LATE ENTRY - ADD R200

RUNNING APPAREL

Tracksuit Top:
(Novices and those running for permanent no's only) S M L XL XXL

Runner Long Sleeve
T-shirt - R150.00 S M L XL XXL

BANKING DETAILS

FOR EFT PAYMENTS ONLY
Buffalo Road Runners
Nedbank Account: **1210379864**
Branch Code: **121021**

Please email your entry with your proof of payment to washieentries@gmail.com
EFT payments see banking details above.

RULES AND REGULATIONS

RACE PREPARATION: On the grounds of weather conditions for the Washie 100 Miler you should include protective gear for cold weather with several towels and clothing changes. A source of warm drinks is also advisable.

REGISTRATION AND RACE BRIEFING: Registration will be at the start (Cathcart Country Club) from 13h00 on Friday 12th July onwards. Race briefing is compulsory for all runners AND seconds, at 16h00 on Friday 12 July 2019.

SECONDING: It is a condition of entry that entrants will provide their own seconds and seconding vehicles, at least 3 are recommended. Runners, seconds and vehicle need to be as visible as possible for the duration of the event.

DISTANCE, TIMES AND CUT OFFS: The course is measured and is 100 miles. The finish is at the Buffs Club and all competitors must finish by 19h00 on Saturday 13 July (26 hour limit). Athletes will be retired at the ¼ way after 6 hours and ½ way after 13 hours. Spot checks will be set at various points during the race at the discretion of the committee and race referee.

PRIZE GIVING: Will be at the Buffs Club at 10h00 on Sunday 14 July 2019. Bar facilities are available and food will be on sale.

RESULTS: Copies of results will be available at the prize giving and on the Buffs website www.washie100miler.co.za

PRIZES: All finishers will receive the following:

- A beautiful handmade Washie 100 Miler trophy.
 - Novices will receive a handsome tracksuit top.
 - Permanent Numbers will be awarded for completion of five journeys or three overall victories together with a Washie tracksuit top.
- The race is run in strict accordance with the rules of the IAAF, Athletics South Africa and Border Athletics.
 - Licensed athletes are covered by insurance. Refer to BA 043 721 0976 for further details.
 - All foreign athletes must comply with IAAF rules and have permission from their federation to compete in this event.
 - Athletes are not required to qualify for the Washie 100 Miler.
 - All participants must be 20 years or older and be defined as an amateur under ASA rules.
 - Safety is a priority – runner, seconds and vehicles need to be made as visible as possible with reflective clothing, lights, flashing lights (amber or white only!), reflective tape etc.
Runners WILL be disqualified and removed from course for breach of this rule.
 - Seconding tables are not provided, personal seconding is a requirement to participate.
 - All entries close at midnight on Tuesday 9 July 2019.
 - Monies are not refundable for non-participation for any reason.
 - All entries must collect their race packs at registration between 13h00 and 16h00 on 12 July 2019.
 - The start is at 17h00 at the Cathcart Country Club. The route will be discussed in detail at race briefing. There is a 35km loop just out of Cathcart on which there will be limited (stationary) seconding stops permitted. The checkpoints will not be exact to the kilometer but allocated as follows:
 - ¼ near Stone Ridge turn off
 - ½ entering Stutterheim at Engineering works on the RHS
 - ¾ near Mimosa Park
 - Cycling seconds must ride BEHIND, not alongside, and must be well lit without having a light blinding oncoming traffic.
 - No person may use, for any reason, the Washie 100 Miler logo.

ENTRIES CLOSE: TUESDAY 9 JULY 2019

ENQUIRIES: Meta Scott | 081 487 4984