



5km & 10km

Presented by



10KM RUNNERS

ASWD TRAIL 4

Sponsored by

PALM TYRES

LATE ENTRIES
FRIDAY 21
JUNE 17H00 –
20H00

22 JUNE 2019
08:00
COURTENAY STREET
10 KM (R55)
5KM (R30)

Pre-entries
close on Thur.
20 June
@17h00

HELD UNDER THE RULES OF ASA & ASWD



NATIONAL LOTTERIES COMMISSION
a member of **the dti** group



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

INFORMATION

<p>Pre-entries close on Thursday 20th June 17:00 PALM TYRES Courtney street, Top Gear. Online Entries @ www.aswd.co.za till Tuesday 19th June 23h59 (Additional R10 will be added to Online fees)</p> <p>Late Entries and Registration 21 June at Palm Tyres from 17h00 till 20h00 and 22nd June From 6h00 till 7h30 at Palm Tyres [Late entries will attract R20 premium to advertised entry fees]</p>																																								
<p>Transport: Own /Private</p>																																								
<p>ASWD Licensed athlete take note: Forget your IFCO 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>Start: Palm Tyres @ 08h00</p>																																								
<p>Finish: Palm Tyres</p>																																								
<p>Ablution: Palm Tyres</p>																																								
<p>First Aid: Palm Tyres • Available at start & routes</p>																																								
<p>Hand-outs: Lucky Prizes</p>																																								
<p>Medals: Medals to all finishers who complete the race within the cut-off time.</p>																																								
<p>Prize giving: Prize giving will be at 09:45 at Palm Tyres. Athletes are responsible to collect their own prize money or make an written arrangement with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.10)</p>																																								
<p>Prize Money: 10km race, 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 E.g.</p> <p>No prize money for Fun Run/ Walkers</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">OPEN</td> <td style="text-align: center;">40 – 49</td> <td style="text-align: center;">=</td> <td style="text-align: center;">50 – 59</td> <td style="text-align: center;">=</td> <td style="text-align: center;">60 – 69</td> <td style="text-align: center;">=</td> <td style="text-align: center;">70+</td> <td style="text-align: center;">=</td> <td style="text-align: center;">JUNIORS</td> </tr> <tr> <td>Position R300</td> <td>R100 (M/F)</td> <td>R100</td> <td>R100</td> <td>R100</td> <td>R100</td> <td>1 –</td> <td>R200</td> <td></td> <td></td> </tr> <tr> <td>Position R200</td> <td>R50</td> <td>R50</td> <td>R50</td> <td>R50</td> <td>R50</td> <td>2 –</td> <td>R100</td> <td></td> <td></td> </tr> <tr> <td>Position R100</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>3 –</td> <td>R50</td> <td></td> <td></td> </tr> </table>	OPEN	40 – 49	=	50 – 59	=	60 – 69	=	70+	=	JUNIORS	Position R300	R100 (M/F)	R100	R100	R100	R100	1 –	R200			Position R200	R50	R50	R50	R50	R50	2 –	R100			Position R100						3 –	R50		
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<p>Route: Map available at Registration</p>																																								
<p>Welcome: Walkers</p>																																								
<p>Enquiries: S. Oktober(078 935 8489)</p>																																								