

TORTOISE TUFF



TWENTY FIFTH ANNIVERSARY



HELD UNDER THE AUSPICES OF ASWD, ASA & WA

ASWD

10km run/walk, 21km trail, 30km run plus a 3km fun-run/walk
7am Sat 9 March 2024 from Sedgefield NG Church

Pick n Pay

SEDGEFIELD

ENGEN

With us you are Number One

herotel

CAPE TOWN - GEORGE - PORT ELIZABETH - EAST LONDON
IGMI'S EXPRESS ONLINE
Fast & Efficient Service

Online entries available from www.aswd.co.za. Add R10 when entering online. Online entries open on 01 Jan 2024 and close on 5 March 2024. Late entries accepted on Friday 8 March 2024 (Subject to R20 late entry fee)

NB: No late entries on race day.

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

PLEASE NOTE START TIMES ON PAGE 2



Enquiries: Eric Roper: 082 804 0348, raceconvenor@sedgefieldstriders.co.za

Information....

General

- 1) **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. **ASWD Licensed athlete take note:** Forget your 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.
- 2) **PRE-ENTRIES: WE REGRET NO LATE ENTRIES WILL BE ENTERTAINED ON RACE DAY. NO UP OR DOWNGRADES EITHER. LATE ENTRIES WITH A FEE OF R20 WILL BE ACCEPTED ON FRIDAY 8/3/2024.**
 Online entries: www.aswd.co.za. EFT entries: ABSA Bank Acc No. 907 5103 723 (email proof of payment and entry form to raceconvenor@sedgefieldstriders.co.za). Entry forms available from Top Gear (Meade Str, George) or the ASWD offices or website www.aswd.co.za. Entries cut off: 10:00 on Monday, 05/03/2024. **NB NO CASH DEPOSITS OR CHEQUES WILL BE ACCEPTED.**
- 3) **REGISTRATION:** At Sedgefield NG Church, Friday, 8/03/24 from 17h00 - 19h00 or Saturday, 9/03/24 from 05h30.
- 4) **RACE START:** Sedgefield NG Church. 30km Run at 07h00, 21km Trail Run 07h10, 10km Run/Walk 07.15 and Fun Run at 08h00.
- 5) **PRIZE GIVING:** 11h15 for 10km, 30km and Trail Run at Sedgefield NG Church. Athletes are responsible for collection of their own prize money or making an alternative written arrangement with the Event Organizer, failing which prize money is forfeited. (ASA Rule 2.10).
- 6) **ROUTE:** Road race course: in and around Sedgefield. Trail Run loops through Goukamma Nature Reserve and along the beach.
- 7) **FINISH:** Sedgefield NG Church.
- 8) **MEDALS:** Medals to all who complete an event within the allocated time.
- 9) **FABULOUS LUCKY DIP PRIZES:** Available at prize giving - but you have to be there!
- 10) **REFRESHMENTS:** Food and drinks will be on sale at the Church Bazaar.
- 11) **FIRST AID:** A qualified first aider will be on duty with doctors on standby.
- 12) **ABLUTIONS:** Toilets are available at the start/finish.

Categories

NB: Prizes will be in the form of Pick n Pay or Engen Vouchers equal in value for male & female.

Prize

30km	Runners: 1st R500 2nd R350 and 3rd R200 1st Junior R100 1st Vet R100 1st Master R100 1st Grandmaster R100 1st Great Grandmaster R100 1st Great Great Grandmaster R100
10km	Runners and Walkers: 1st R300 2nd R200 and 3rd R150 1st Junior R100 1st Vet R100 1st Master R100 1st Grandmaster R100 1st Great Grandmaster R100 1st Great Great Grandmaster R100
21km Trail	1st R300 2nd R200 3rd R100 1st Junior R100 1st Vet R100 1st Master R100 1st Grandmaster R100 1st Great Grandmaster R100 1st Great Great Grandmaster R100

FOR MORE INFO PLEASE CONTACT RACE CONVENOR ERIC ROPER 082 804 0348