

# 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 2024 license numbers on the front and back of the vest, **All** other runners must display temporary number on front of vest. No advertising allowed.

**Cut-off time:** 10km = 1 ½ hrs OR 15km = 2 ½ hrs OR 21.1km = 3 hrs OR 42.2km = 5 hrs 30min

**Distance markers:** Will be placed at every kilometre.

**Foreigners:** All foreign athletes must comply with WA rule 142.2 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 since 1994)

**Race numbers:** As provided by organisers. Front and/or back. Placed over permanent or temp no./s in manner that ASA License Sponsor and ASA Province / Year is visible above the race number. (ASA Rule 26.1.6)

**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, stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 34.8.2)

**Age Tags:** Participants will be eligible for prizes in the OPEN category and the age category for which they have entered provided the relevant OFFICIAL ASWD age category tag or junior tags is displayed, visible and above license number, front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. (Red age tags/white background (ASA Rule 22.9

Race	Entry Fee	Temp Lic Fee	Minimum Age
Fun Run	R35.00	None	9 years
10km	R80.00	R45.00	14 years
21.1km	R100.00	R45.00	16 years
42.2km	R125.00	R45.00	20 years

# Laingsburg Karoo Marathon 50th

THROUGH THE HEART OF THE KAROO

Presented by

ARLINGTON ATHLETICS CLUB



Sponsored by



Western Cape  
Government  
**FOR YOU**

**26 October 2024**

42.2km @ 06h00

21.1km @ 07h00

10km @ 07h00

5km Fun Run @ 08h00

**JJ Ellis Sport Grounds – Meiring Str.**

**HELD UNDER THE RULES OF ASWD, ASA AND WA**



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

## INFORMATION

<p><b>Pre – entries:</b>1. Enter Online <a href="http://www.aswd.co.za">www.aswd.co.za</a> Closing date for Online pre – entries &amp; Manuel Entries Wednesday <b>23/10/2024</b> midnight (<b>Additional R10 to online entries</b>) 2. Pre – entries can also be completed and e – mailed to <a href="mailto:admin@aswd.co.za">admin@aswd.co.za</a> or be completed at TopGear or ASWD Offices.</p>
<p>EFT: Account Name: Athletics SWD ; ABSA =, Branch # 630-114, Acc # 890157777, Ref: Name &amp; Surname. Please mail POP to <b>admin@aswd.co.za</b></p>
<p><b>Registration and late entries:</b> Friday <b>25.10.2024</b> at Flood Museum (Tourism Centre) from 18:00 – 22:30. <b>Late entries will be taken on Friday and will pay R20 premium on advertised fee. NO ENTRIES ON RACE DAY</b></p>
<p><b>ASWD Licensed athlete take note.</b> Forget your PICO 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. All unlicensed Runners &amp; non SWD runners must register.</p>
<p><b>Start:</b> JJ Ellis Sportgrounds – Meiring Street @06h00</p>
<p><b>Finish:</b> JJ Ellis Sportgrounds – Meiring Street</p>
<p><b>Starting times: 42.2 km</b> at 06h00</p>
<p><b>21,1 km</b> at 07h00</p>
<p><b>10 km</b> at 07h00</p>
<p><b>5 km Fun Run</b> at 08h00</p>
<p><b>Hand-outs:</b> Goody bags and free T-shirts for First 100 entries (Except 5km Entries)</p>
<p>Award Ceremony in Greef Church Hall for Category Prize Winners</p>
<p><b>Abution:</b> Toilets will be available at the start and finish – JJ Ellis Hall</p>
<p><b>First Aid:</b> Available</p>
<p><b>Race numbers:</b> As provided by organisers. Front and/or back. Placed over permanent or temp no./s in manner that ASA License Sponsor and ASA Province / Year is visible above the race number. (<b>ASA Rule 26.1.6</b>)</p>

**Medals:** To all finishers within the cut – off time.

**Prize giving:** Greef Church Hall 11:30. 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!

**Price Money:**

Position	42.2 km		21.1 km		10km	
	Male	Female	Male	Female	Male	Female
1	3000	3000	1000	1000	700	700
2	2000	2000	700	700	500	500
3	1000	1000	500	500	300	300
Walker	N.A	N.A	300	300	200	200
Junior	400	400	300	300	200	200
40 – 49	400	400	300	300	200	200
50 – 59	400	400	300	300	200	200
60 – 60	400	400	300	300	200	200
70 – 79	400	400	300	300	200	200
80+	400	400	300	300	200	200

**Route:** The route will take participants into the Karoo countryside on quiet good quality country and farm roads. No major climbs.

**Welcome:** Walkers are welcome – No Prizes for walkers on 42.1km.

Accommodation Available at Laingsburg High School Hostel: [023 551 1029](https://www.laingsburghighschool.co.za/1029) .

**Enquiries:** **Wilfred Van Niekerk** - Nr. 071 053 9682  
[wvanniekerk73@gmail.com](mailto:wvanniekerk73@gmail.com)

**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

<b>ADMIN USE</b>
CHIP NO
TEMP NO
TSHIRT SIZE

SURNAME							
FIRST NAME							
PROVINCE					LIC NO 2024		
DATE OF BIRTH	D	d	m	M	yyyy	AGE	
MALE					RUNNER		
FEMALE					WALKER		
CLUB							
ADDRESS							
CELLPHONE NR							
ID / BC / PP / DL No. NUMBER							
EMAIL ADDRESS							
EMERGENCY Contact / Cell							
<b>PARTICIPATION AGE CATEGORY:</b>							
JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70+ / 80+							
<b>Race</b>	<b>Entry Fee</b>				<b>Temp Lic Fee</b>	<b>TOTAL</b>	
Fun Run	R35.00 (scholars – R30)				None		
10km	R80.00 (Late Entry +R20)				R45.00		
21.1km	R100.00 (Late Entry +R20)				R45.00		
42.2km	R125.00 (Late Entry +R20)				R45.00		

**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 this Indemnity/waiver on behalf of the minor.

Printed name of participant (parent/guardian in the case of a minor) .....

Phone:..... Signature:..... Date:.....