

# 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 2026 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 = 2 hrs

**Distance markers:** Will be placed at every 1 km.

**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)

**Refreshment Tables:** Drinking / Sponging stations shall be provided at 3km intervals. 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 |
|-------------|-----------|--------------|-------------|
| 5km Fun Run | R40.00    | None         | 9 years     |
| 10km        | R100.00   | R50.00       | 14 years    |



**10km**  
@ 18:00



**5km FUN RUN**  
@ 18:15



**CONTACT: HELENA SAVAGE**  
**076 593 9636**

### THEME



**LOVE LIFE RUN WITH HEART**



Wear a heart  
somewhere  
on your shirt



Run with  
someone  
you love

### ENTRIES



**ONLINE:**  
[www.aswd.co.za](http://www.aswd.co.za)  
[until Monday,  
02/11/26, 12:00]



**TOP GEAR  
SPORT GEORGE**  
[until Monday,  
02/11/26, 12:00]



**MOUNT CO  
GEORGE**  
[until Monday,  
02/11/26, 12:00]



**RACE DAY ENTRIES: 16:30 – 17:45**



**It's Voting Day!** 

Show us your voting thumb  and  
receive a little surprise!



**NOTE:**

THIS EVENT IS HELD UNDER THE RULES OF ASWD,  
ASA AND WA. TIMED BY IPICO TIMING CHIP.

**NO CHIP  
NO TIME**

# INFORMATION

|                                                                                                                                                                                                                                                                                                                          |             |              |              |              |            |            |             |             |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|--------------|--------------|--------------|------------|------------|-------------|-------------|
| <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)<br>2. Pre-entries can be completed at Top Gear and MountCo<br>3. Closing date for online entries Monday, 2 November 2026 12h00<br>4. Closing date for manual entries Monday, 2 November 2026 17h00 |             |              |              |              |            |            |             |             |
| <b>Registration and late entries at The Wilderness Common on race day:</b><br>Registration 16h30 – 17h45 on race day, 4 November 2026. <b>Late Entries will attract a R20 premium to advertised rates</b>                                                                                                                |             |              |              |              |            |            |             |             |
| <b>Transport:</b> No transport available                                                                                                                                                                                                                                                                                 |             |              |              |              |            |            |             |             |
| <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.                                                                                                                                    |             |              |              |              |            |            |             |             |
| <b>Start:</b> The Wilderness Common 10km @18h00, 5km Fun Run @18h15                                                                                                                                                                                                                                                      |             |              |              |              |            |            |             |             |
| <b>Finish:</b> The Wilderness Common, Wilderness                                                                                                                                                                                                                                                                         |             |              |              |              |            |            |             |             |
| <b>First Aid:</b> Provided                                                                                                                                                                                                                                                                                               |             |              |              |              |            |            |             |             |
| <b>Hand-outs:</b> Lucky Prizes                                                                                                                                                                                                                                                                                           |             |              |              |              |            |            |             |             |
| <b>Medals: Gold, Silver and Bronze</b> handed at the prize giving for the first 3 finishers for male and female in the 10km race/winner race walkers. Bronze medals to all finishers within the cut-off time                                                                                                             |             |              |              |              |            |            |             |             |
| <b>Prize giving:</b> The Wilderness Common - when last runner finish/19h45 latest.<br>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. <b>No Exceptions!</b>                                                  |             |              |              |              |            |            |             |             |
| <b>Prize Money (equal for male and female):</b>                                                                                                                                                                                                                                                                          |             |              |              |              |            |            |             |             |
| <b>10km</b>                                                                                                                                                                                                                                                                                                              | <b>OPEN</b> | <b>40-49</b> | <b>50-59</b> | <b>60-69</b> | <b>70+</b> | <b>80+</b> | <b>JUN.</b> | <b>WALK</b> |
| 1st                                                                                                                                                                                                                                                                                                                      | 300         | 100          | 100          | 100          | 100        | 100        | 100         | 100         |
| 2nd                                                                                                                                                                                                                                                                                                                      | 200         |              |              |              |            |            |             |             |
| 3rd                                                                                                                                                                                                                                                                                                                      | 150         |              |              |              |            |            |             |             |
| <b>Route:</b> Start at The Wilderness Common, left onto Whites road for a scenic loop, Waterside Road towards Ebb and Flow national park, turning point on gravel road, trail section through forest area, back to hotel.                                                                                                |             |              |              |              |            |            |             |             |
| <b>Enquiries:</b> Helena 076 593 9636 OR <a href="mailto:info@cmce.co.za">info@cmce.co.za</a>                                                                                                                                                                                                                            |             |              |              |              |            |            |             |             |

**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.

# **LOVE LIFE ENTRY FORM**

## **ADMIN USE**

**CHIP NO**

**TEMP NO**

|                                                                                                       |                  |   |   |                     |                    |  |              |            |  |  |
|-------------------------------------------------------------------------------------------------------|------------------|---|---|---------------------|--------------------|--|--------------|------------|--|--|
| <b>SURNAME</b>                                                                                        |                  |   |   |                     |                    |  |              |            |  |  |
| <b>FIRST NAME</b>                                                                                     |                  |   |   |                     |                    |  |              |            |  |  |
| <b>PROVINCE</b>                                                                                       |                  |   |   |                     | <b>LIC NO 2026</b> |  |              |            |  |  |
| <b>DATE OF BIRTH</b>                                                                                  | D                | d | m | M                   | yyyy               |  |              | <b>AGE</b> |  |  |
| <b>MALE</b>                                                                                           |                  |   |   |                     | <b>RUNNER</b>      |  |              |            |  |  |
| <b>FEMALE</b>                                                                                         |                  |   |   |                     | <b>WALKER</b>      |  |              |            |  |  |
| <b>CLUB</b>                                                                                           |                  |   |   |                     |                    |  |              |            |  |  |
| <b>ADDRESS</b>                                                                                        |                  |   |   |                     |                    |  |              |            |  |  |
| <b>CELLPHONE NR</b>                                                                                   |                  |   |   |                     |                    |  |              |            |  |  |
| <b>ID / BC / PP / DL No.</b>                                                                          |                  |   |   |                     |                    |  |              |            |  |  |
| <b>EMAIL ADDRESS</b>                                                                                  |                  |   |   |                     |                    |  |              |            |  |  |
| <b>EMERGENCY<br/>Contact / Cell</b>                                                                   |                  |   |   |                     |                    |  |              |            |  |  |
| <b>PARTICIPATION AGE CATEGORY:</b> JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70 - 79 / 80+ / Walker |                  |   |   |                     |                    |  |              |            |  |  |
| <b>Race</b>                                                                                           | <b>Entry Fee</b> |   |   | <b>Temp Lic Fee</b> |                    |  | <b>TOTAL</b> |            |  |  |
| Fun Run                                                                                               | R 40.00          |   |   | None                |                    |  |              |            |  |  |
| 10km                                                                                                  | R100.00          |   |   | R50.00              |                    |  |              |            |  |  |

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

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

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date