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. **Age tags are compulsory if category winner.**

Cut-off time: 10 km = Runner: 1hr 30min Walker: 2 hrs
21.1km = Runner: 3hrs Walkers 3hrs 30min

Distance markers: Will be placed at every kilometre.

Foreigners: All foreign athletes must comply with WA rule 142 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/Driver's License/Refugee Permit/Birth Cert since 1994)

Refreshment Tables: Drinking / Sponging stations shall be provided at every 3km mark and finish.

Road: Athletes must always stay on the right-hand side of the road, 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 point. (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 are 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	R 50.00	None	9 years
10km	R 110.00	R 50.00	14 years
21.1km	R 130.00	R 50.00	16 years

SOMERSON RACE / SOMERSON WEDLOOP

10KM & 21.1KM Run / Walk

4.8 km Fun Run / Pret loop

Date / Datum: **12 December 2026**

Time / Time: **10 & 21.1 km – 06h00**
4.8 km Fun Run – 06h10

Venue: Hart & Bosch Village Hartenbos

Fee / Fooi:

10 km - R 110.00
21.1km - R 130.00
5km - R 50.00
(Additional R15 to Online Fees)

Presented by

Mossel Bay Harriers

HELD UNDER THE RULES OF ASA AND ASWD

MOSSEL BAY HARRIERS

INFORMATION

Pre entries: online @ www.aswd.co.za
Open: 26 October 2026 **Close** Monday, 7 December 2026 @ 12h00. **(Additional R15 to Online Fees)**
Late Entrants will pay R20 premium on advertised Fee ONLY
Late entries: Friday, 11 December 2026 from 15H00 till 17H00

No entries on race day for 10 and 21.1km. Only Fun Run entries will be accepted on race day from 05H00 till 05H45

Timing will be done with IPICO system.
ASWD Licensed athlete take note: 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.
Non-Licensed athletes (pre-entries) can collect their temporary numbers on Friday, 11 December 2026 from 15H00 till 17H00
Saturday, 12 December 2026 from 05H00 till 05H45.

Start: **10 & 21.1km 06H00** Hart & Bosch Village, Hartenbos
Fun Run: 06H10 Hart & Bosch Village, Hartenbos

Finish: Hart & Bosch Village

Ablution: On the premises **First Aid:** On route and at finish

Medals: To first 700 finishers who complete the race within the cut-off time. 10km: **Gold** = Category winners **Silver:** 30 **Bronze** = 304 who finish in cut-off time. 21.1km: **Gold** = Category winners **Silver:** 30 **Bronze** = 304 who finish in cut-of time. **FUN RUN**: All Finishers

Prize giving: 09H45 or as soon as last athlete finish. (ASA Rule 2.10) Prize giving rule: **All Prize winners must be in their club colors when collecting their prize. Winners must be present at the prize giving otherwise the prize will be forfeited. No Exceptions!**

Prize Money: Equal **prize money** for male and female athletes.

10km	**Open**	**40-49**	**50 - 59**	**60 – 69**	**70 – 79**	**80+**	**Walkers**	**Junior**
1st	R350	R150	R150	R150	R150	R150	R150	R150
2nd	R250							
3rd	R200							

21.1km	**Open**	**40-49**	**50-59**	**60-69**	**70-79**	**80+**	**Walkers**	**Junior**
1st	R500	R200	R200	R200	R200	R200	R200	R200
2nd	R300							
3rd	R200							

Route: In-out route on tar road; small distance gravel; a bit uphill/downhill.: Start Hart & Bosch Village, out on R102 through Little Brak River till Riverside and back.

Welcome: Walkers

Enquiries: Paulus Allart 0734125440 **OR** Jacob Karelse 0633172136
Email address: harriersmbay@gmail.com Gillian Jansen 0783316542

ENTRY FORM

ADMIN USE
CHIP NO
TEMP NO

SURNAME							
FIRST NAME							
PROVINCE				**LIC NO 2026**			
DATE OF BIRTH	D	d	m	M	yyyy	**AGE**	
MALE				**RUNNER**			
FEMALE				**WALKER**			
CLUB							
ADDRESS							
CELLPHONE NR							
ID / BC / PP / DL No.							
EMAIL ADDRESS							
EMERGENCY Contact / Cell							

PARTICIPATION AGE CATEGORY: JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70+/ 80+

Fun Run	R 50.00	None	
10km	R 110.00	R 50.00	
21.1km	R 130.00	R 50.00	

INDEMNITY / DISCLAIMER By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF 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: I am 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……