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DATE/DATUM																		

These races are run under the rules of ASA, IAAF & AGW



INDEMNITY/WAIVER

By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF, ASA & AGW. I warrant that I am in good health and aware of the risks an 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, person, and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or cost 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. NO EARPHONES ALLOWED.

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 conditions to participate in such activity and I enter into this indemnity/waiver on behalf of the minor.

Printed name of participant (parent/guardian in case of a minor):								
Parent/Guardian Sign	ature:	Date:						
Athlete Signature:		Date:						

LITTERING RULES & REGULATIONS 2018 @ ROAD RACES:

(Rules 28.4.1 – 28.6 applies)

Littering are categorized as intentional & unintentional littering:

- R 28.4.1 Unintentional littering is when a runner intends to throw waste into a box/trough/bin but misses.
- R 28.4.2 Intentional littering is when a runner discards waste when there is no box/ Trough/bin anywhere in their vicinity.

Athletes are requested to through their plastic sachets in the boxes provided at water points or run with it until the next water point.