

## **RULES**

By entering The Citizen Trail Run, participants accept the following terms & conditions:

- This trail run is in accordance with the rules of ASA and ANWN
- All participants must wear The Citizen race number on the front of their running vests, without obscuring the ASA logo. Registered participants must wear their valid licence numbers on the back of their vests. Non-registered participants must purchase a temporary ASA license (R35 – 10 & 21 km only - no licence number is required for the 6 km) in addition to the race entry fee
- No age restriction applies to the 6 km, but guardians entering minors take full responsibility for their safety
- No participants under the age of 14 years will be allowed to enter the 10 or 21 km
- A participant will not be eligible for any age category prize unless he/she is wearing an official age category tag for the category he/she is competing in, prominently displayed on the front and back of his/her running vest. A participant may only compete in the age category displayed on his/her vest and will not receive a prize should they compete in the incorrect category. A participant may decide to enter for a younger age category
- Proof of age to be produced on raceday if requested by a referee. Any participant, who cannot, on request, produce an acceptable proof of age document, will be afforded three days in which to comply, failing which he/she will be ineligible to receive their prize
- No listening devices e.g. iPods; earphones etc are permitted while participating (IAAF Rule)
- No seconding or bicycles are permitted along the route
- No refunds will be made
- In the event of a cancellation, an entrant may not allow another person to use his/her number without prior permission from the race organisers. Permission must be obtained at least 24 hours in advance
- Foreign participants must observe IAAF Rule 4.2
- Cut-off time is 12:00
- Only 6 km route is suitable for wheelchair/disabled participants
- Race results will be available on [www.racetimer.co.za](http://www.racetimer.co.za)

## **WAIVER**

Participants take part entirely at their own risk and agree that they shall have no claim whatsoever against national, provincial and regional bodies, the Organising Committee, any individual or official, marshal, assistant, helper or agent, the sponsors or any local authority or their employees, in respect of any loss or damage whatsoever which participants may suffer arising from any injury to their person or loss or damage to their property as a result of, or arising out of, whether directly or indirectly, the participants' arrival and departure there from, attendance at registration, prize-giving or other function thereof, however such loss or damage may arise.

Persons signing the entry form as guardian of a minor hereby consent to such minor being bound by the foregoing and further indemnify the organisers and aforementioned parties to the extent, of any, to which such minor is not capable of waiving his/her rights as stipulated above. Persons taking part in The Citizen Trail Run whose entries were made on their behalf by a third party are deemed to have accepted these terms and conditions by virtue of their participation in The Citizen Trail Run.

## **INDEMNITY**

The participant agrees to abide by the rules of The Citizen Trail Run, and confirms that he/she has read them, and understands that he/she takes part in The Citizen Trail Run at his/her own risk and indemnifies the sponsors and/or organisers against any claim which may result from his/her participation. The participant further understands that it is his/her responsibility to be medically fit to take part in The Citizen Trail Run. In entering The Citizen Trail Run, the participant understands that the Organising Committee and/or sponsors will take photographs of the event including participants to the event and he/she consents to such photographs being taken at the event and being used for promotional and publicity purposes at the Organising Committee's and/or sponsors sole discretion. The participant further understands and accepts that the photographs are and will remain the property of the sponsors and/or organisers.