

MAROGOA TENT HIRE AND SERVICES ROAD RACE.



PRE ENTRIES:
17/02/2020
CLOSE ON:
31/03/2020

**FREE RACE T-SHIRT
FOR THE FIRST 300
PRE-ENTRIES only for
10KM.**

**START & FINISH AT THE
BLOEMFONTEIN BOWLING CLUB**
UNION AVE, HAMILTON PARK. **GPS: -29.103, 26.222**

START DATE: 10KM RUN | 5KM FUNRUN/WALK
30TH MAY 2020

START TIME:
10KM/7AM, 5KM/7:15AM

R50/5KM & R100/10KM
TEMP LICENSE: R50

REGISTRATION:

*Entry forms available from Pamoja A.C members at
Naval Hill & on club Facebook page.
Entries closes @ 6:40 on race day.*

RACE SPONSORS



FOR MORE INFO CONTACT.

NAME	POSITION	CONTACT NUMBER
LEONARD JINGOSE	EVENT ORGANIZER	084 3727 818
ALICE LOSABE	SAFETY OFFICER	072 7387 329
TEBOHO THAMAE	TECHNICAL OFFICIAL	083 6819 998



Bojothle Trading and Projects 10 (PTY) LTD.



**MAROGOA TENT HIRE
AND SERVICES**



Pamoja Athletics Club.

PRIZES

Distance/Event	10km		
<u>Categories Prizes- Men & Ladies</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>
Open	R 1 000.00	R 600.00	R 300.00
40-49	R 250.00	R 150.00	
50-59	R 250.00	R 150.00	
60-69	R 250.00	R 150.00	
70-79	R 250.00	R 150.00	
80+	R 250.00	R 150.00	
Juniors	R 200.00	R100	
Walkers - Men & Ladies			
Open	R 200.00		

TIME INCENTIVES

*Time incentives will be given to the first athlete in each category who runs the specified time.

<u>Categories</u>	<u>Time</u>	<u>Amount</u>
Men	30:30	R500
Ladies	35:30	R500
Junior Boys	32:20	R250
Junior Girls	37:30	R250

CLUB BANKING DETAILS FOR PRE-ENTRY:

Pamoja Athletics Club

Nedbank

Account number: 2008608336

Branch code: 106505

Reference: Athletes name & surname

Email Entry form with proof of payment to Pamojaac@gmail.com

Pre entry race pack collection

Monday-Friday

From: 25 May 2020, To: 29 May 2020 @ 17:00-18:00

@ BLOEMFONTEIN BOWLING CLUB.

ENTRY FEES: 5km @ R50-00 • 10km @ R100-00 • **TEMPORARY LICENSE:** R50-00 Additional.

5km 10km T-Shirt Size

Name and Surname:	
ID No./Birth Certificate/Passport No:	
Nationality (South African/Foreigner)	
Postal Address:	
Work/Home/Cellular Tel No:	
E-mail:	
Emergency Contact Number:	
Date of Birth (Age on race day):	
Gender:	<input type="checkbox"/> Male <input type="checkbox"/> Female
Athletic Club/School:	
ASA No/Temp No	
Province:	

General Rules

1. Participants must be eligible according to the WA, ASA and AFS rules.
2. A temporary number only for 10km, participant has no insurance coverage on the race day.
3. Athletes must be members of an affiliated club to qualify as Category Winner. You do not need to belong to a club to run any of the races. (Adhere to the undermentioned rule 4.)
4. Club athletes dressed in club colors, must wear an official ASA license number on the front (1) and back (2) of their vest.
5. Temporary number to be worn at front of gear.
6. Age restriction, 10km—14 years and older.
7. All marshals, traffic authorities and traffic rules must be obeyed — failing to do so may lead to disqualification.
8. Check points on route. (Keep left at all times). In case of an emergency, report to the next water point.
9. All walkers, runners participate at their own risk.
10. Due to the nature of the course no wheelchairs, prams, blades, animals, cyclists or mechanically operated devices (excluding hearing aids) are allowed.
11. No seconding or car allowed on the course as there are enough refreshments on tables. Seconding can only be permitted in the demarcated area of a water point allocated to an individual, not disturbing the official water point sponsors, volunteers.
12. Age category tags must be worn on the front and back to qualify as category winner.
13. Race numbers or entry tickets must be completed in full. If not, athletes will be disqualified from the race and will not receive a medal or prize money or incentives. An emergency number of a family member must be provided.
14. Proof of age must be provided on race day if required- ID or Birth certificate, Driver's License or Passport
15. The organizers reserve the right to return any entry not in keeping with the spirit of the race.
16. All winners need to attend the prize-giving at 08:15.
17. The decision of the organization will be final, and no correspondence will be entered into.
18. Foreign athletes partake for prize money must produce a clearance certificate from their National Federation to compete in SA Approval by ASA handed in to the organizer before entering the race.
19. Participants partake at own risk and need to be medically fit.
20. Race walkers need to wear a W-Tag to compete for a lucky prize.
21. Environmental (rule 23) Participants must take the responsibility for their actions when disposing of litter. It can lead to disqualification.
22. **Cut off times:** 2 hours for 10 km and 1 Hour for 5km.

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 at my own risk. I warrant that I am in good health and aware of risks and danger of physical nature of this sporting event, and don't claim ignorance of these risks and danger. I hereby accept that I participate in the event and release and discharge, to the fullest extent allowed in law. The organizers of the event, the sponsors, persons assisting in staging of the event, Provincial and National athletics bodies and all local authorities from any responsibility, liability or cost relating to any injury, lose 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 or guardian, understand the nature of the athletic activities and the Minor to be qualified is in good health and in proper physical condition to participate in such activity and enter into this indemnity/waiver on behalf of the minor.

Signature of athlete: _____ **Name & Surname:** _____

Date: _____ **Name & Surname:** _____
Parent/Guardian if minor is 18 years and younger.

PAMOJA ATHLETICS CLUB
30 MAY 2020

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