



**pentagon
pistols**
Bloemfontein



ENTRY FEES:

32KM R200-00 5KM R70-00
10KM R150-00 Temp License R70-00

ROSE RUN



DATE: SATURDAY 14 MAY 2022

VENUE/PLACE: BREBNER HIGH SCHOOL
CALLIOPE STREET HELICON HEIGHTS
BLOEMFONTEIN

DISTANCE: 32KM, 10KM AND 5KM FUN RUN
WALKERS ARE WELCOME

PRE ENTRIES: THURSDAY 12 MAY
@ CAMELLOS PRELLER 17:30-19:00
FRIDAY 13 MAY
@ CAMELLOS PRELLER 17:30-19:00
SATURDAY 14 MAY
@ BREBNER HIGH SCHOOL 5:30-6:15

ONLINE ENTRIES: WWW.PENTAGONPISTOLS.CO.ZA

(CLOSING TIME FOR ONLINE ENTRIES
WILL BE WEDNESDAY
@ 20H00 ON 11 MAY 2022)

STARTING TIMES: WALKERS @ 6:30
32KM @ 6:30
10KM & 5KM FUN RUN @ 6:45

CONTACT PERSONS: EVENT ORGANISER- ETTIENE STONE 083 304 8289
TECHNICAL OFFICER- ARNOLD RABIE 082 446 5791
SAFETY OFFICER- ERNEST FOSTER 082 940 1978

PRIZE MONEY

PRIZE GIVING STARTS AT 9h30.

10KM Race

OPEN	Mens/ Ladies 1st	R 250.00
OPEN	Mens/ Ladies 2nd	R 150.00
OPEN	Mens/ Ladies 3rd	R 100.00

32KM Race

OPEN	Mens/Ladies 1st	R1 500.00
OPEN	Mens/Ladies 2nd	R1 000.00
OPEN	Mens/Ladies 3rd	R 800.00
OPEN	Mens/Ladies 4th	R 600.00
OPEN	Mens/Ladies 5th	R 400.00

UNLEASH YOUR LEGS

Race Run in Accordance to the WA, ASA, AFS and COVID Rules & Regulations.



ENTRY FORM

DATE:	
ENTER DISTANCE:	
NAME & SURNAME:	
PHYSICAL POSTAL ADDRESS:	
PHONE / CELL NO / E-MAIL:	
GENDER - MALE / FEMALE:	
AGE GROUP:	
DATE OF BIRTH:	

ID NO / BIRTH CERTIFICATE/ PASPORT:	
LICENSE NO / TEMP NO:	
CLUB / INDIVIDUAL:	
PROVINCE:	
SA CITIZEN / FOREIGNER:	
EMERGENCY CONTACT NAME /SURNAME: CELL NO:	

All category winners must show ID/Driver's License/Passport requested Wearing of age bib compulsory Masters, Junior

GENERAL

- 1 Parking – parking available on school grounds.
- 2 Runners may enter the school grounds at 5:15 on race day. Covid rules apply. Spectators must follow the same COVID protocols to enter the school grounds .
- 3 Water tables every 3km refreshment hand out. Participants can make use of own water bottle filled with water. Carried from start to finish as part of athletes equipment.
- 4 Description Route –circle route.
- 5 Medals at Finish
- 6 Covid 19 Screening before race
- 6 Runners must adhere to all Covid protocols including the wearing of face masks OR buff & social distancing.
- 7 All Entrants MUST complete the questionnaire, or you will not be granted access to the venue on race day.
- 8 We ask your co-operation in this regard as non-adherence will cause delays and crowding at the entrance
- 9 No tog bag area and No Club Tents due to Covid-19 regulations.
- 10 Medical Service providers will be on route and at finish point.
Please arrive early

RULES

- 1 The meeting takes place in accordance with the rules of WA, ASA and AFS.
- 2 Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
- 3 Minimum age participation 10km -14 years, 32km – 16 years Fun run/walk up to 5km- Child/rem-must be under the supervision of parent/s (guardian/s >9 years and older
- 4 Cut-off time for the event 5km – 1h10min, 10km– 2hrs 10min, 32km– 5hours. Athletes will not be allowed to finish any distance races after the cut off time.
- 5 No late starters will be allowed. That is later than 5minutes from the group start time
- 6 All athletes participate at their own risk. Athletes acknowledge that by entering the event they are medically fit to participate. All athletes must supply the name and contact number of their next of kin on the entry form. An athlete may not run with another athletes License no or Race number or Entry ticket.
- 7 Licensed athletes partake in club colours. 2022 License number in front and at back to be worn Note that the race number or entry ticket may not cover the ASA number.
- 8 Temporary Licenses will be available for R70 (excluding no 4 -license athlete). To be worn in front-(according ASA ruling.) No insurance coverage on the Temp no. Temp no athletes will not be considered for a FS team selection. Prize money will only be for Licensed athletes.
- 9 No seconding allowed. Sufficient water points on the route and at the finishing line. Stationed every 3km.
- 10 Permission not granted to partake: No animals, pets, no iPods, listening or audio devices, no blades cyclist or mechanically operated devices, no wheel chairs, prams which are mechanically or manually operated by participants or disabled wheelchair athletes as they are in contravention of NEW WA Rule-T6.3.2 and will lead to disqualification.
- 11 Foreign athletes are to comply with ASA rules. Before entering the race. A valid clearance certificate (from the country of origin and ASA) as well as copy of passport to the organiser and AFS technical delegate prior to enter and race on demand. Foreign athletes are not allowed to run with an ASA provincial license. Prizes will be withheld if this rule on Colours refer to WA rule 4 is not adhered to.
- 12 The domicile rule applies.
- 13 Athletes who participate without buying a race entry will be disqualified and will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge. Runners who allow their race number to be duplicated will be held liable and will face AFS disciplinary with the possibility of a ban habitual offenders (those who regularly participate without purchasing a race entry) will be called to an AFS disciplinary.
- 14 The race organiser retains the rights to refuse entry and reject persons under the influence of drugs or alcohol, who are disorderly, engage inappropriate behaviour, vandalism or evade paying for admission.

- 15 No refunds will be given once an entry is purchased. In the event that the race is cancelled due to reason outside the organisers control.
- 16 Prize giving ceremony will take place under strict COVID regulation, winners informed to provide all informed to race organiser. Prize money to be paid per EFT on the same day of the event/payment done on the event. No prize money will be paid if random Drug testing was done on the any distance on the day at the event, up to such time ASA receive the results from the South African Institution for Drug Free Sport (SADFS).
- 17 Littering is not allowed. Athletes are to dispose of any litter in appropriate bins and can be disqualified if they litter. An AFS Clean RUN.
- 18 Results will be made available upon request. This is not a timed event. Participants official time will be on the timing clock at the finishing line. Due to more certified route the results cannot be used for other qualifying standards set events.

ALL PARTICIPANTS MUST ADHERE TO THE COVID-19 HEALTH AND SAFETY PROTOCOLS IMPLEMENTED BY ASA, INCLUDING SCREENINGS, SANITISING, COMPLETING OF ONLINE (MANUAL MEDICAL QUESTIONNAIRE, SOCIAL DISTANCING AND THE WEARING OF MASKS. MASKS MAY ONLY BE REMOVED ONCE THE RACE HAS STARTED AND MUST ONCE AGAIN BE WORN AT THE FINISH. ACCORDING TO DAY OF EVENT—RULES AND REGULATIONS WILL BE APPLICABLE.

WAIVER INDEMNITY AND CONSENT – By entering the event I understand to be bound by the rules and regulations of the event including those of WA, ASA and AFS. I warrant that I am in a good health and aware of the risk and endanger of physical nature of the sporting event, and do not claim ignorance of these risk and dangers. I hereby accept that I participate in the event entirely at my own risk and I release an discharge, to the fullest extent allowed in law, the organiser of the event, provincial and national athletic bodies and all local authorities from the responsibility, liability or costs relation to any injury, loss of damage of whatever nature, 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 activity I hereby agree or give permission for my photo/s taken at the event that it can be used for media coverage for the event itself or any other media advertising. POP (act), Minor release and I, the minor's parents and/or legal guardian, understand the nature of athletics activity 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

Name/ Surname- Athlete

Signature

Date

Name/ Parent/ Gardian

Signature

Date