



# MAROGOA TENT HIRE AND SERVICES

## ROAD RACE



### START AND FINISH

BLOEMFONTEIN BOWLING CLUB,  
UNION AVE, HAMILTON PARK.

GPS: -29.103, 26.222

HOSTED BY PAMOJA ATHLETICS CLUB.



## 10 KM RUN AND 5 KM FUN RUN / WALK.

SATURDAY 22<sup>nd</sup> OCTOBER 2022.

### START TIMES:

10 KM  
06:30 AM

5 KM FUN RUN  
/ WALK  
06:45 AM

### TIME INCENTIVES

CATEGORIES	TIME	PRIZES
MEN	30:30	R500.00
WOMAN	35:20	R500.00
JUNIOR BOYS	32:20	R250.00
JUNIOR GIRLS	37:30	R250.00

### PRIZES

DISTANCE / EVENT	10 KM	2 <sup>ND</sup>	3 <sup>RD</sup>
PRIZES MEN & LADIES	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>
OPEN	R1000.00	R600.00	R300.00
40-49	R250.00	R150.00	
50-59	R250.00	R150.00	
60-69	R250.00	R150	
70-79	R250.00	R150	
80+	R250	R150	
JUNIORS	R200	R100	
Walkers - MEN & WOMAN			
OPEN	R200.00		

NB: Time Incentives will be Given to the First Athletes in each Category that runs the specified time.

### REGISTRATIONS.

DISTANCE	PRICE
10 KM	R 120
5 KM FUN RUN / WALK	R 70
TEMPORARY LICENSES	R 70

Entry Forms will be available from the Pamoja Facebook Page and Pamoja A.C Members. Online Entries will Close on the 19<sup>th</sup> of Oct 22 and Manual Entries will close on the 21<sup>st</sup> of October 2022 @ 19:00. For Online Entries please Scan Below Barcode.



	NAME	CONTACT NUMBERS
EVENT ORGANIZER	LEONARD JINGOSE	084 372 7818
TECHNICAL OFFICER	TEBOHO THAMAE	083 681 9998
SAFETY OFFICER	MAMOSHA THAMAE	073 159 9210

AGE TAGS MUST BE VISIBLE AND LICENCE NUMBERS MUST BE WORN IN FRONT AND BACK, AND VISIBLE FOR THE RACE OFFICIALS.  
THIS RACE WILL BE RUN IN ACCORDANCE WITH WA, ASA, AFS RULES.  
ALL COVID-19 PROTOCOLS WILL BE OBSERVED. NO EARPHONES OR ANIMALS WILL BE ALLOWED.

MEDALS TO ALL 10KM AND 5KM FINISHERS.

PAMOJA ATHLETICS CLUB  
 073 159 9210

St. John's Ambulance  
051 444 6276



MAROGOA TENT HIRE AND SERVICES

## PRIZES

Distance/Event	10km		
Categories Prizes- Men & Ladies	1st	2nd	3rd
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.

Categories	Time	Amount
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](mailto:Pamojaac@gmail.com)

**Pre entry race pack collection**

**Monday-Friday**

**From: 17 October 2022, To: 21 October 2022 @ 17:00-18:00**

**@ BLOEMFONTEIN BOWLING CLUB.**



**ONLINE ENTRIES:** <https://entries.evententry.co.za/events/78034-marogoa-road-race>

PAMOJA ATHLETICS CLUB  
22<sup>nd</sup> October 2022

MAROGOA TENT HIRE & SERVICES ROAD RACE

**ENTRY FEES:** 5km Fun Run / Walk @ R70-00 • 10km @ R120-00 • **TEMPORARY LICENSE:** R70-00 Additional.

5KM FUN RUN / WALK

10KM

ONLINE  
REGISTRATIONS.



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 and Age restriction -5km FUN RUN / WALK 9 years and older and Children should be under supervision of parent/adult.
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 waterpoint.
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 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, 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. I approve that a photo or any other information on me can be used for social media according to POPI act.

**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 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.

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22<sup>nd</sup> October 2022

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