



COVID-19 | WA | ASA | AFS RULES APPLY

TEMPE 10KM ROAD RACE



19 MARCH 2022



START/FINISH:
Bloemfontein-SANDF
TEMPE Athletic Track
Furstenburg Road
29°05'44.1"S 26°11'39.9"E

10km FS Champs
06:30 | R100
Temp License no: R70

5km Fun Run
07:00 | R50

Medals for all finishers!

FREE STATE CHAMPS 10KM



PRE ENTRIES:

Online:

Mass Entries:

17 & 18 March:

(Online entries close 16 March)

<https://forms.gle/WkbS2pFgyumogaAg8>

Please send entry forms & POP to
bloemstriders@gmail.com

Tempe Athletic Track | 17:00-19:00

Event Organiser:
Technical Officer:
Safety Officer:

Jaco Ebertsohn 071 682 4725
Francois Booysen 061 801 1713
Henry Jordaan 076 046 4005

CUT OFF TIMES:
10km 1H30MIN
05km 1H15MIN



PRIZE MONEY:

Snr Men & Snr Women: 1st: R500 / 2nd: R300 / 3rd: R200

Age Categories Men & Women winners:

Junior: R100 / 40y: R100 / 50y- R100, 60y-R100, 70y-R100

- Runners may enter the stadium from 05:00 on race day.
- Spectators must follow the same COVID protocols to enter the stadium as runners.
- Parking is available at the stadium, golf club and church.
- Prize giving will start as soon as all the winners are done and the results verified by the FS Technical delegate.
- Route map will be made available on social media as well as printed and put up at the stadium.

1. This meeting takes place in accordance with the rules of WA, ASA and AFS.

2. Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.

3. All athletes participate at their own risk. Athletes acknowledge by entering the event that they are medically fit to participate. All athletes must supply the name and contact number of their next of kin on both the race number and entry form.

4. Registered athletes partake in club colours. License no in front and at the back to be worn.

Non-registered athletes: Temporary Number to be bought for R70 (Only 10km runners).

No insurance coverage. License number to be worn in front and at the back. The race number / entry ticket not cover the ASA licence number. Temporary license number athletes will not be considered to be selected for a AFS team.

5. No seconding allowed. Water points every 3km. Two water points on the route and at the finishing line.

6. Foreign Athletes must provide a valid clearance certificate (from their country of origin and ASA) as well as a copy of their passport to the organizers and chief referee prior to entry of the event or on demand. Foreign athletes are not allowed to run with an ASA Provincial license.

Foreign athletes are not allowed to run in club colours (neutral kit must be worn) unless such club exists in their country of origin or they are in possession of a refugee status permit or are naturalized citizens of RSA. (Refer to WA rule 4.) Prizes will be withheld if this rule is not adhered to. (P31-ASA Rules and Regulations –Waver/Disclaimer)

7. Permission not granted to partake: No animals/pets, no iPods or listening devices, no blades, cyclist or mechanically operated devices, no wheel charts/prams which are mechanically or manually operated by participants or disable wheelchair athletes.

8. No late starters will be allowed. That is later than 5 minutes from the group start time.

9. All instructions from traffic, race and technical officials, as well as marshals must be obeyed at all times.

10. Only those who have completed all the information required in the race entry are eligible for prizes. Prize winners need to confirm ID number according to pre-entry form when called or WhatsApp message forward to respond to confirm banking details.

11. No refunds on entry fees if race or distance been cancelled or changed to virtual event

12. Vehicles will be leading from the front. Emergency vehicles as well as a Security vehicle will be roaming the route. Medical station-finishing line /route

13. Athletes may not run with another athlete's race ticket unless by prior arrangement with the race organiser.

14. The race organiser retains the right to refuse entry and reject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission, or not complying to COVID 19 Rules and Regulations.

15. Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge.

Habitual offenders (those who regularly participate without purchasing a race entry) will be called to an AFS disciplinary.

16. AFS Green Race: Littering is not allowed. Athletes are to dispose of any litter in litter area. Athletes can be disqualified if they litter. Participants may make use of own foreseen water bottle filled with water. From start up to finish of distance. To be filled up during the race at the water table if a need for. Being part of the running gear.

18. The Safety at Sport and Recreational Events Act 2 of 2010 will be strictly adhere to.

19. 10km: Minimum age restriction: 14 years.

5km Fun Run: age restriction 9 years and older (children under supervision of parents)

20. All participants must adhere to all COVID-19 health and safety protocols implemented by ASA, including the wearing of masks, social distancing, hand sanitising and must undergo temperature screening before entering the venue.

21. Disposable masks are advised up to the start of the race, which can be dropped in the containers at the start. Wearing masks during the race is not compulsory, but at completion of race, mask wearing is compulsory at all times.

22. Official measured route. Results can be used as qualifying times. Timing will be manual, with an electronic backup.

23. The Pavilion will be open for spectators to be used, and space will be made available for club gazebos.

24. Toilet facilities will be available, however no shower or undress rooms.

25. Medics will roam the route and medical station will near the finish.

26. Refreshments will be sold at the finish.