



**BLOEMFONTEIN
2023 RACE FORM**



Distances: 52KM	21.1KM	10KM	5KM FS Trials	5KM Fun Run
Entry Fee: R 250	R 180	R 150	R 100	R 50
Start Time: 5:30 AM	5:45 AM	6:00 AM	6:15 AM	06:15:00

2023 ASA licence number needed or 2023 Temporary licence for 52km, 21.1km and 10km

SATURDAY 18 MARCH 2023

Venue: Bloemfontein Achilles Club, c/o Att Horak Street and Parfitt Avenue, Bloemfontein, Free State
GPS: Lat: -29.118211 Long: 26.206680
Start and finish for all distances in Att Horak Street

Entries, Registrations, Payments and Number Collection:

Online: <https://entries.evententry.co.za/>

Manual Pre-Entry: Wednesday evening at Achilles Running Club 8 & 15 March 2022 (17h30 - 19h00) or email form to bloemachilles@gmail.com with proof of payment

Final Entry: 15th to 17th March 2023 at Achilles Running Club (17h00 - 20h00)
Card facilities will be available

EFT Details: Nedbank 1662087764, Branch Code 166234
Use reference: Name, Surname and Distance, e.g. Wayne Beelders 21km

Number Collections: 15th to 17th March 2023 at Achilles Running Club (17h30 - 20h00)
Saturday before the race - only for online or pre-entries (i.e no registrations on race day)



Free Long Sleeve T-Shirts for the first 150 Online Entries for the 52km

Free Short Sleeve T-Shirts for the first 150 Online Entries for the 21km

General Information

- Permanent 2023 ASA licence number needed for 52km (no tempary licences)
- Permanent 2023 ASA licence number or 2023 Temporary licence must be purchased with entry for 21.1km and 10km
- Every finisher will receive a medal; waterpoints every 3km's; Route description - in and out, flat route
- Distance markers and route boards every kilometre; Direction arrows, boards and road markings on the route itself
- Participants must familiarise themselves with the route on the participating distance to be run
- Wearing of age bib compulsory and must be visible
- Parking is available but at own risk/responsibility
- Toilets, dressing rooms and showers are available; Sleeping facilities are not available
- Gazebo areas for clubs are available but tog bag facilities are not available
- Route maps of the different distances will be available at the entry table, on our Facebook page, on our website or can also be requested
- Leading vehicles for first men and women in the different distances; For 5km Fun Run, 1 leading car
- Cut-off times: 52km - 6h30m, 21.1km - 3hrs, 10km - 2hrs and 5km Fun Run- 1hr
- Medical services available at the finish line and roaming the route
- Runners must observe all Health and Safety Regulations
- No earphones (except hearing aids), pets or prams or any electronic devised are permitted
- More information and race updates at <https://www.facebook.com/bloemachilles>
<https://www.bloemachilles.co.za>

Our Race Charity - please donate

<https://sunflowerhouse.org/>



Prizes and Prize-giving

Prize-giving: For 52km at 11h00, 21.1km at 9h00, 5km and 10km at 8h00; After results have been approved and made available by AFS TO Delegate. Appeal ruling within 30min after results are available.

Prizes: Gold, Silver and Bronze medal for 1st, 2nd and 3rd place overall for 52km, 21.1km and 10km (male and female)
52km's 1st Prize - R2,000; 2nd Prize - R1,500; 3rd Prize - R1,000 (overall ,male and female)
21km's 1st Prize - R1,500; 2nd Prize - R1,000; 3rd Prize - R750 (overall ,male and female)
10km's 1st Prize - R1,000; 2nd Prize - R750; 3rd Prize - R500 (overall ,male and female)

Prize money only for registered Club athletes

Contact Details

Event Organiser: Wayne Beelders 082 440 4229 info@bloemachilles.co.za
Technical Official: Johan Landman 082 590 4723
Safety Officer: Tumahole Mokhua 072 060 6647

Like and keep an eye on our Facebook page for an exciting pre-race competition

RUN UNTIL SUCCESS HAPPENS

