



MEDICLINIC WELKOM VISTA ESKOM ATHLETICS CLUB FS ROAD RACE



This event is approved by ASA and AFS. Run in accordance to WA, ASA, and AFS Rules and Regulations.

START / FINISH: MEDICLINIC, MEULEN STR, WELKOM

16h30:	1.5km Fun Race - Wheelchair Disabled 9 Years and older. (Wheelchair Helpers R30 extra)	R30 / entry
16h30:	1.5km Children Fun Run / Walk / Race Boys and Girls 7-15 Years old.	R30 / entry
16h30:	1.5km Masters 60+ Fun Run / Walk / Race Men and Women 60 Years and older.	R50 / entry
17h00:	100m Toddler Fun Walk / Dash Boys and Girls 3-6 Years old.	R30 / entry
18h00:	5km Fun Run / Walk / Race (WOMEN ONLY) Women only 12 Years and older.	R70 / entry
18h30:	OPEN 5km MEN & WOMEN Run / Walk / Race 16 Years and older. (Includes R70 Temp Licence.)	R100 / entry

ENTRIES OPEN	ENTRIES CLOSE
Wednesday 19 July 2023	Friday 25 August 2023

ENTRIES - DAY OF THE EVENT - VIRGIN ACTIVE - ONLY (9H00 until 15 minutes before each Race start)

CUT-OFF Times:	1.5 km: 30min (17h00)	5 km Fun Run: (19h30)	5km Open: (19h30)
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ALL Finishers receive a unique 21st Celebration MEDAL !!!

RACE IN HER HONOUR (Open 5km) Prize money:					
WOMEN	1: R400	2: R300	3: R250	4: R200	5: R150
MEN	1: R400	2: R300	3: R250	4: R200	5: R150

Fastest 5km man (sub 15min) and women (sub 17min) who completes the race wearing club colours win an additional R400 each.

Lots team and individual prizes, awards, and lucky draw up for grabs. Refer to the general rules for more information

RACE OF LOVE REG: 002 - 804 NPO CHARLOTTE MOLL HAVEN / HERBER	RACE OF JOY REG: 002 - 804 NPO CHARLOTTE MOLL HAVEN / HERBER	RACE IN HER HONOUR SANBS
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Additional donations to our beneficiaries are welcome even if you are not participating in the event.

Keep an eye on the Vista Newspaper's / Website / FB page - On Update / Prizes

Event organiser: Hilde du Plessis 072 499 2602
 Safety officer: Sello Ramotshabi 083 347 3301
 Medical service provider: ER24: 082 909 0382
 Technical manager: Dominique Eimer 076 481 8540
 MEDICLINIC WELKOM: 057 916 5138 / 5352

TERMS, CONDITIONS, RULES AND REGULATIONS APPLY



2023 MEDICLINIC WELKOM VISTA ESKOM ATHLETICS CLUB FS ROAD RACE



TERMS, CONDITIONS, RULES & REGULATIONS

General information

- This is a road running race presented by Eskom Athletics Club Free State.
- This event takes place on Friday 25 August 2023. The event starts and finishes at Mediclinic, Meulen Street, Welkom, Free State.
- Route map(s) will be available at the entry points and start of the race. Distance markers will be placed on the route at 1km intervals.
- Road closure: Thursday 24 Aug and Friday 25 Aug 2023. Road closure according to the different routes and distances.
- Parking: Do not use the hospital parking area. There is sufficient parking space surrounding Mediclinic. Parking is at own risk.
- Sufficient amount toilets provided at Mediclinic and Welkom Square. No dressing rooms and shower facilities available.
- No to go bag area and no club tents / gazebo space available.
- No food stalls or refreshments available at event. Please support the businesses, service stations, and food courts in and around Welkom Square and Mediclinic.
- Different vehicles (leading cars, bicycles, motorbikes) will be used for different races for assistance, control and safety. Medical support provided by ER24.
- Water tables serve water sachets & cool drink in foam cups. Using of own water bottles allowed. Water bottles can be refilled at water points. No alcohol allowed at the race venue.
- Medals are handed out to finishers upon completing the race at the finish line.
- The event will comply with the Health and Safety regulations that may apply at the time of the event.
- Sponsors listed for this event will not be interpreted as an entitlement for any participant to insist on free, discounted, or preferential treatment pertaining to the products and services offered by the sponsors.
- Recommendation the wearing of reflective clothing, strip, bands and head lights.

Race Rules

- The race is held under the rules of WA, ASA and AFS.
- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
- Obey all marshals, traffic, authorities and rules. Breach of any regulations or requirement may lead to instant removal without appeal. The race organiser and safety officer have the final decision in this regard. Checkpoints on route.
- All athletes participate at their own risk and acknowledge that they are medically fit and equipped to safely participate in this event. In case of an emergency report to the next water point on the route. At the finishing line an identified area will be demarcated for evacuation.
- No vehicles allowed on the course. No seconding.
- No prams, blades, animals, cyclist or mechanically operated devices allowed. Wheelchairs allowed only in 1.5km wheelchair disabled fun race.
- Medals will only be handed out to participants in possession of a fully completed entry ticket / race no.
- Littering is not allowed. Athletes are to dispose of any litter in appropriate bins. Intentional littering and littering in non-designated areas may lead to disqualification. AFS Clean run.
- Athletes will not be allowed to finish any distance race after the cut off time. No athletes will be allowed to start later than 5 minutes after the group start time.
- This event offers a certified 5km route and results can be used to qualify for other events.

Race distances and restrictions

- There are three different distances and six races to choose from in this event:
 - 100m Toddler Race - Fun Walk / Dash for Boys and Girls 3-5 years old. 17H00
 - 1.5km Fun Race - Wheelchair Disabled Fun Race. 9 years and older. 16h30
 - 1.5km Children Fun Run / Walk / Race. Boys and Girls 7-15 years old. 16h30
 - 1.5km Masters 60+ Fun Run / Walk / Race. Men and women 60 years and older 16H30
 - 5km Fun Run / Walk / Race (WOMEN ONLY). 12 years and older. 18H00
 - OPEN 5km MEN and WOMEN 16 years and older. 18H30

Timing and results

- Only the 5km Open race 18H30 will receive official results.
- Official race results will be published within 48 hours.
- Results will be available at <https://results.finishtime.co.za/startpage.aspx?c=13> and www.racesresults.co.za



Entries - OPEN UNTIL THE DAY OF EVENT

- Online entries and manual (individual and club / groups) entries will be accepted.
- Entries open on Wednesday 19 July 2023. Manual entries and collections at designated entry points will close on Friday 25 August 2023. Online entries (Entryinja) close on Tuesday 22 August 2023.
- Online entries can be collected at Virgin Active Cnr Meulen Street and Long Road, Welkom on 23-24 August 2023.
- Entries will be open at the venue on the day of the event 25 August 2023.
- A copy of your proof of payment will be required.
- Strictly no refunds. Entries are not transferable or deferrable unless otherwise announced.
- In the event that the race is cancelled due to reason outside the organisers control the event entry fees will not be refundable.
- Incomplete or incorrectly completed entries and entries not fully paid will be rejected.
- The event organiser retains the right to refuse entry to persons under the influence of drugs or alcohol, who are disorderly, display inappropriate behaviour, vandalise property, or evade paying for admission.
- Athletes who duplicate race numbers or participate without buying a race entry will be disqualified, dissociated from the event, and held liable for a double entry fee charge and / or disciplinary action.
- Participants may contribute to the beneficiary / partner of choice: RACE IN HER HONOUR (SANBS); RACE OF JOY (CHARLOTTE MOLL HAVEN); RACE OF LOVE (CANSAs). Additional donations are welcome even if you are not participating in the event.

Licenses, race numbers and dress code

- ASA Licensed athletes must wear club colours and a valid 2023 licence number on the front and back of the vest.
- International athletes are subjected to ASA rules and must be in possession of a clearance certificate and passport prior to entering / participation.
- The race / bib number is displayed on the front of the vest, must be visible at all times and may not cover the ASA and sponsor logos on the ASA license. Age category tags are compulsory.
- An athlete may not run with another athlete's race number.
- All athletes must provide the name and contact number of their next of kin on both the race number / entry ticket and entry form. Participants with incomplete entry tickets / race numbers will be disqualified.
- Temporary Licenses No must be completed in full and displayed on the front of the vest. No insurance coverage on temporary licenses. Only 18h30 OPEN 5km Race applicable.
- Wearing of earphones, headsets and similar devices is not permitted and will lead to disqualification if not adhered to. Prescribed hearing aids are allowed.
- Teams are encouraged to wear the colours of their organization / business / school and to support the 2023 theme, "Team Work Makes The Dream Work" in the colours of our beneficiaries.

Prizes & Awards

- All prize winners of the 5km race will be requested to show proof of an identity (ID book, passport, drivers licence, birth certificate).
- Prize money to be paid at the event. No prize money will be paid if random drug testing was done on any race distance on the day of the event up to such time that ASA receive the results from the South African Institution for Drug Free Sport (SAIDFS).
- Prize money and incentives will only be awarded to athletes with valid ASA 2023 licenses.
- Special awards (Lucky Draw / Team / Club / School / Organisation awards / Most Entries / Best Dressed / Spirit Award) announced on 26 Aug 2023 by SMS / Whatsapp / Email.
- Winners must be present for giving as soon as results are available:
 - 1.5km (17h00), 5km Fun Run (18h45), 5km OPEN (19h15).
- Prizes will be rewarded for the following:
 - Medals are handed out to all finishers upon completing the race at the finish line.
 - RACE OF LOVE (1.5km) Open / Wheelchair / Children race / Masters race: Positions 1, 2, and 3 will receive an Anniversary Celebration Trophy.
 - RACE OF JOY (5km Fun Run) Women only: Positions 1, 2, and 3 will receive an Anniversary Celebration Award. The top -10 finishers will receive lucky prizes
 - RACE IN HER HONOUR (5km) Open: Men and women: Pos 1 - R400, Pos 2 - R300, Pos 3 - R250, Pos 4 - R200, Pos 5 - R150, Fastest 5km man (sub 15min) and women (sub 17min) who completes the race wearing club colours win an additional R400 each.
- First 221 pre-entries to be received for the 5km Women Only will be eligible for a lucky draw prize worth R1000.
- Big Lucky Draw Prize for Open 5km Entrants worth R1000.
- Spirit and Best Dressed Awards - Participants must submit photographs or short video recordings partaking as an individual or group by WhatsApp to 072 054 3658 (POPIA).
- Award for Best Water Point Embracing the 21st Anniversary Celebration.
- No prizes for age categories - No Seeding - Qualifying Event - New Records - 2023 - Open 5km

Vista Keep an eye on the Vista Newspaper's website and Facebook page for the latest updates and news about this event.

RACE / BIB NUMBER: TEMP LICENSE NUMBER:



2023
MEDICLINIC WELKOM VISTA
ESKOM ATHLETICS CLUB FS ROAD RACE



ENTRY FORM

NAME: SURNAME:

PHYSICAL ADDRESS:

E-MAIL ADDRESS: CELL NO.:

ID NUMBER: OR PASSPORT NO. BIRTH DATE:

GENDER: Male Female RACE CATEGORY: AGE:
JUNIOR / SENIOR / MASTER ON RACE DAY

SOUTH AFRICAN CITIZEN INTERNATIONAL ATHLETE PROVINCE:

CLUB NAME: SCHOOL / BUSINESS / ORGANISATION: ASA:
LICENSE NO.

EMERGENCY: CONTACT PERSON: EMERGENCY:
CONTACT NUMBER:

EVENT SELECTION AND COSTS:

100m Toddler Fun Walk / Dash - (Boys and Girls) (3-6yrs)	R30	<input type="text"/>
1.5km Fun race Wheelchair Disabled (9yrs and older)	R30 / R60	<input type="text"/>
1,5km Children Fun Run / Walk / Race - (Boys and Girls) (7-15yrs)	R30	<input type="text"/>
1,5km Masters Fun Run / Walk / Race (Men and Women (60+ yrs)	R50	<input type="text"/>
Ladies ONLY 5km Fun Run / Walk / Race (12 yrs and older)	R70	<input type="text"/>
Open 5km Run / Walk / Race (16yrs and older) - Licensed Athlete	R100	<input type="text"/>
Open 5km Run / Walk / Race (16yrs and older) - Incl Temp License	R100	<input type="text"/>
Optional Donation to our Beneficiary CANSAs / Charlotte Moll		<input type="text"/>
TOTAL >>>		<input type="text"/>

Consent, Indemnity & Waiver

The information I supplied is true and correct, 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 in 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. Permission is granted in terms of section 51 of the electronic communication transactions act 25 of 2002, to use your name, race information, photographs, video tapes, broadcasts, telecast in which you may appear as free of charge (Popy act). Minor release (18 years and younger), 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 /waver on behalf of. By signing this waiver I acknowledge that I have read and accept the indemnity above.

 NAME & SURNAME (ATHLETE) SIGNATURE DATE

 NAME & SURNAME (PARENT / LEGAL GUARDIAN) SIGNATURE DATE