

FRIENDS OF PUMPKINS 15KM RUN

15km-R150
5km-R60



- Sunday 24th
September 2023
- Starts at 6:30am
- Buffs Club

CONTACT Bonga: 0835416556
Bathandwa: 0728176949

Pumpkins athletics club

15km starts at 6h30 - 5km Fun Run starts at 06h45

Registration information

DATES	TIMES	VENUE
01 August to 12h00 on 20 September	Online Entries	https://entrytickets.net/pumpkinsrun
01 August to 12h00 on 20 September	08h00 to 15h00	Sportsmas Warehouse, Beacon Bay
Friday 22 September 2023	15h00 to 19h00	Buffs Clubhouse, Quigney
Saturday 23 September 2023	15h00 to 19h00	Buffs Clubhouse, Quigney
Sunday 24 September 2023 (late registration R170)	05h00 to 06h00	Buffs Clubhouse, Quigney

Or email your entry form and a proof of payment to pumpkinsac2020@gmail.com

T-shirts for the first 200 entries. Medals for all finishers in the 15km & first for the 100 finishers in the 5km fun run

PUMPKINS AC Banking Details

Account Name: Pumpkins Athletics Club
Account No: 62858804406
Bank: FNB
Ref: (your name & surname)

PARTICIPANTS DETAILS

RACE BIB No.							NATIONALITY				
WHICH RACE?	15KM ✓					5KM ✓	ATHLETIC CLUB				
FIRST NAME							CLUB LICENCE NO.				
SURNAME							TEMP NO.				
DATE OF BIRTH	YYYY/		MM/DD				ID NUMBER				
GENDER	MALE ✓		FEMALE ✓				EMAIL				
CATEGORY	JNR	SENIOR	35+	40+	50+	60+	CELL NUMBER			AGE	

SPECIAL AGREEMENT INDEMNITY (PARTICIPATION IN THIS EVENT IS AT YOUR OWN RISK)

**The Organisers (Athletics South Africa, Border Athletics, Pumpkins Athletics Club and any other entity or persons assisting with the organisation of the Friends of Pumpkins run, I agree not to hold The Organisers* liable for any injury, illness, death, damage to and/or loss of property which I may suffer directly or indirectly as a result of my participation in the Friends of Pumpkins 15km run. I confirm that this indemnity is entered into for the benefit of The Organisers* as defined above. I agree to allow The Organisers* to use my email address to communicate with me and that any photographs taken may be used for promotional purposes. I consent to the Organisers* processing my Personal Information as defined in the Protection of Personal Information Act, 4 of 2013.*

 Signature of Entrant
 (If the entrant is under the age of 18 years, the signature of the parent or guardian is also required)

 Signature of Parent or Guardian

PRIZE MONEY	15KM			5KM		
Prize Category	1st	2nd	3rd	1st	2nd	3rd
Runners - Men & Women Open	R400	R300	R200			
Runners - Men & Women 35+; 40+; 50+; 60+;70+	R200					
Runners - Junior Men & Women	R200					
Runners - Men & Women						

PRIZE WINNERS ARE REQUESTED TO ACKNOWLEDGE THE SPONSOR BY BEING PRESENT AT PRIZE GIVING

REGISTRATION INFORMATION		
DATES	TIMES	VENUE
05 September to 12h00 on 18 September	Online Entries	https://entrytickets.net/pumpkinsrun
05 September to 12h00 on 18 September	09h00 to 12h00	Sportsmas Warehouse, Beacon Bay
Friday 23 September 2022	17h00 to 19h00	Bufs Clubhouse, Quigney
Saturday 24 September 2022	17h00 to 19h00	Bufs Clubhouse, Quigney
Sunday 25 September 2022	05h00 to 06h20	Bufs Clubhouse, Quigney

LATE ENTRIES WILL BE TAKEN ON FROM SATURDAY 24 SUNDAY 25 AT A COST OF R100

ENTRY FEE AND TEMPORARY LICENSE FEE	15KM	5KM
Entry fee	R150	R60
Temporary License Fee *	R40	R0
Minimum Age for Participation	15 Years	9 Years

*** UNLICENSED ATHLETES ARE REQUIRED TO PURCHASE A TEMPORARY LICENSE NUMBER**

RACE INSTRUCTIONS

This event is run under the rules and regulations of Athletics South Africa and Border Athletics. Athletes must wear their Club License No/Temporary No on the front of their running Vest. The second club License must be worn on the back of the vest. License numbers must be visible at all times during the race. Age flashes must be worn on the upper front and back of the vest or crop top to qualify for age category prizes. **Littering along the route will result in disqualification. Athletes must use the bins provided at the refreshment points.** Refreshment Stations will be provided at approximately 3km intervals. No Seconding vehicles will be allowed on the route. The Race Bibs must not cover the licence number, and must be on the front of the running vest. Placing it elsewhere may result in your finish time not being recorded. Prize Giving will take place at 08h30 or as soon as possible thereafter. Athletes present at prize giving will be eligible for lucky draw prizes.

ATHLETE SAFETY

Athletes are responsible for their own safety during the event. The event is run on public roads and athletes must give way to vehicles at all times. If you make use of prescribed medication for the control of medical conditions such as Diabetes, Asthma, Epilepsy or Allergic Reaction etc then you must carry your prescribed medication with you during the event. Medical response personnel will be on duty on the event course and at the finish. Race Marshals and Refreshment Station personnel will assist athletes to communicate with Medical Response if required. Traffic officials and Race Marshals will be on the Route to assist with the safe passage of Athletes and failure to follow their direction may lead to your disqualification. Athletes must run no more than two abreast and on the right side of the road facing oncoming traffic unless the Traffic Officials instruct you to do otherwise. The use of ear phones or head phones during the race is a contravention of ASA rules and will result in your disqualification.