

EVENT ORGANIZER - LEONARD - 084 372 7 818 | TECHNICAL OFFICER - TEBOHO - 083 681 9998
SAFETY OFFICER - PERCY LEFHAPHANG - 073 071 4255.



Pamoja A.C.

ROAD RACE



MAROGOA TENT HIRE AND SERVICES.



30 September 2023

BLOEMFONTEIN BOWLING CLUB, UNION AVE,
HAMILTON PARK | GPS: -29.108, 26.222

10 KM ROAD RACE - 06:15AM | 5 KM FUN RUN - 06:30AM

DISTANCE	REGISTRATION FEES
10 KM	R 140
5 KM FUN RUN	R 90
TEMPORARY LICENSE	R 80



REGISTRATION VENUES | NAVIL HILL & BFN BOWLING CLUB
FROM 14 AUG 2023 - 30 SEPT 2023.

FIRST AID & VENUE SUPPORT SERVICE

CONTACT NUMBERS:
083 328 2095



PAMOJA ATHLETICS CLUB.



Dr Mohapi Golele Inc



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.	*Time incentives will be given to the first athlete in each category who runs the specified time.	*Time incentives will be given to the first athlete in each category who runs the specified time.	*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	

REGISTRATION INFORMATION.
10 KM & 5 KM FUN RUN.
ONLINE ENTRIES – OPEN ON THE 14 OF AUGUST 2023 AND CLOSES ON THE 22 ND OF September 2023. https://entries.evententry.co.za/
MANUAL ENTRIES – OPEN ON THE 14 TH OF August 2023 – 30 September 2023 FROM (04:00 am – 04:30 am) at BLOEMFONTEIN BOWLING CLUB & NAVIL HILL.
RACE PACK COLLECTION.
From – 26 September 2023 at 17:00 -18:30 - 30 September 2023 from 04:30 till 05:45 at BLOEMFONTEIN BOWLING CLUB & NAVIL HILL.

AMBULANCE SERVICES.

FIRST AID & VENUE SUPPORT SERVICE

CONTACT NUMBERS:

083 328 2095



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



ENTRY FEES: 5km FUN RUN @ R90-00 • 10km @ R140-00 • TEMPORARY LICENSE: R80-00 Additional.

5km fun Run

10km

Name and Surname:	
ID No:/Birth Certificate/Passport No:	
Nationality (South African/International)	
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

- Participants must be eligible according to the WA, ASA, and AFS rules.
- A temporary number only for 10km, the participant has no insurance coverage on the race day.
- Athletes must be members of an affiliated club to qualify as Category winners. You do not need to belong to a club to run any of the races. (Adhere to the undermentioned rule 4.)
- Club athletes dressed in club colors, must wear an official ASA license number on the front (1) and back (2) of their vest.
- Temporary number to be worn at front of the gear.
- Age restriction, 10km—14 years and older, Age restriction for 5km Fun Run 9 years and older under full supervision of parent/guardian.
- All marshals, traffic authorities and traffic rules must be obeyed — failing to do so may lead to disqualification.
- Checkpoints on the route. (Keep left at all times). In case of an emergency, report to the next water point.
- All walkers, and runners participate at their own risk.
- Due to the nature of the course no wheelchairs, prams, blades, animals, cyclists or mechanically operated devices (excluding hearing aids) are allowed.
- 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, or volunteers, water points will be provided in every 3km.
- Age category tags must be worn on the front and back to qualify as category winners.
- 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.
- Proof of age must be provided on race day if required- ID or Birth certificate, Driver's License or Passport
- The organizers reserve the right to return any entry not in keeping with the spirit of the race.
- All winners need to attend the prize-giving at 08:15.
- The decision of the organization will be final, and no correspondence will be entered into.
- International athletes who 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.
- Participants partake at own risk and need to be medically fit.
- Race walkers need to wear a W-Tag to compete for a lucky prize.
- Environmental (rule 23) Participants must take responsibility for their actions when disposing of litter. It can lead to disqualification.
- Cut-off times:** 2 hours for 10 km and 1 Hour for 5km.
- There will be three (3) lead bicycles for Males open, Three (3) for Ladies open, Two (2) for Junior boys, Two(2) for Junior Girls, and One(1) Bicycle for 5km Fun Run.**
- Full set of results will be available on <https://www.evententry.co.za> within 72 hours.**

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 dangers. 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 the 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 the 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 into 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.

PAMOJA ATHLETICS CLUB

MAROGOA TENT HIRE & SERVICES ROAD RACE

