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pistols**

Bloemfontein
we run for fun



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FREE STATE
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ALL PROCEEDS GO TO CHILDLINE FREE STATE

CHARITY RUN 2023

Road Running Event



**SATURDAY
4TH NOVEMBER**

CBC SCHOOL

**WAVERLEY ROAD,
BLOEMFONTEIN**

EVENT STARTS 6AM

12.25KM R150

4KM FUN RUN R70

TEMP LICENSE R 80

**ENTRIES: 2ND&3RD NOVEMBER @ CARMELLOS PRELLER FROM 5:30PM-7PM,
4TH NOVEMBER @ CBC SCHOOL FROM 5AM +R20 LATE ENTRY FEE,
TEMPORARY LICENSE NUMBERS APPLY TO 12.25KM ATHLETES WITHOUT AFS NRS +R80
MEDALS FOR ALL FINISHERS, PRIZE GIVING 8:30 AM,
PRIZE MONEY: MENS / LADIES OPEN 12.25KM 1ST (R500) 2ND (R300) 3RD (R200)**



EVENT ORGANISER ETTIENE STONE 083 304 8289

TECHNICAL OFFICER ERNEST FOSTER 082 940 1978 SAFETY OFFICER HERMAN WESSELS 082 375 2292

IN ACCORDANCE WITH THE RULES OF WA-WORLD ATHLETICS, ASA & AFS





Cut off times: |12.25km - 2hours and 10minutes | 4km fun run - 1hour and 10minutes

12.25km - R150 | 4km FUN RUN - R70

084 124

ADDITIONAL FEES: TEMPORARY LICENSE : +R80 | LATE ENTRY +R20

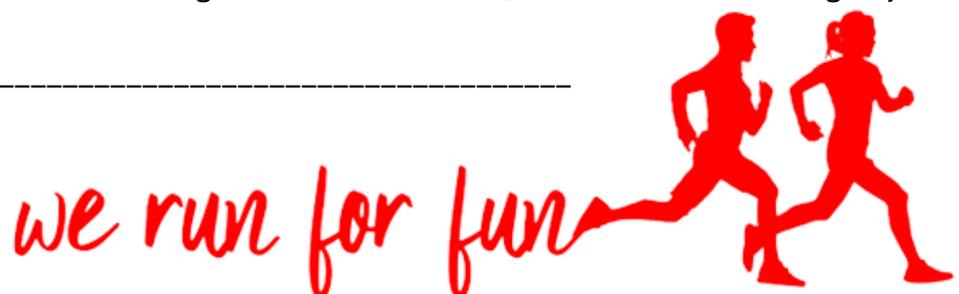
| | |
|----------------------------------|---|
| Name and Surname: | |
| ID Number: | |
| Nationality: | RSA: <input type="checkbox"/> International: <input type="checkbox"/> |
| Postal Address: | |
| Work/Home/Cellular Tel No: | |
| E-mail: | |
| Date of Birth (Age on race day): | |
| Gender: | Male: <input type="checkbox"/> Female: <input type="checkbox"/> |
| Athletic Club/School/Individual: | |
| ASA Number: | |
| Emergency Name & Number: | |
| Distance: | <input type="checkbox"/> 12.25km @ R150 <input type="checkbox"/> 4kmFun Run @ R 70 <input type="checkbox"/> Temp nr @ R 80 <input type="checkbox"/> Donation @ R <input type="checkbox"/> Late entry @ R 20 <input type="checkbox"/> CARD <input type="checkbox"/> CASH |
| Payment method: | Total: <input type="text"/> |
| Temporary license number: | |

RACE RULES: 1.Participants must be eligible according to the WA, ASA and AFS rules. 2. A temporary number participant has no insurance coverage on the race day. 3. Athletes must be members of an affiliated club to qualify as winner. You do not need to belong to a club to run any of the races. (Adhere to the undermentioned rule 3.) 4. Club athletes dressed in club colours, must wear an official 2023 ASA license number on the front (1) and back (2) of their vest. 5. Temporary number to be worn at front of gear. 6. Restriction, 12.25km-16years and older, 4km fun run-12 years and older under full supervision by parent/guardian. 7. All marshals, traffic authorities and traffic rules must be obeyed – failing to do so may lead to disqualification. 8. Check points on route. (Keep left at all times). In case of an emergency, report to the next water point. 9. All walkers, runners participate at their own risk. 10. Due to the nature of the course NO wheelchairs, prams, blades, animals, cyclists or mechanically operated devices (excluding hearing aids) will be allowed. 11. No seconding or car allowed on the course as there are sufficient refreshments 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, volunteers. 12. Yellow Age category tags must be worn on the front and back to qualify as category winner. 13. 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. 14. Proof of age must be provided on race day if required- ID or Birth Certificate, Driver’s License or Passport. 15. The organisers reserve the right to return any entry not in keeping with the spirit of the race. 16. All winners need to attend the prize-giving. 17.The decision of the organisation will be final and no correspondence will be entered into. 18. International athletes who partake must provide and hand in a clearance certificate from the National Federation and a copy of the participants passport to the Event Organiser before entering the event. 19. Participants partake at own risk and need to be medically fit. 20. Race walkers need to wear a W-Tag to compete for a lucky prize. 21. Environmental (rule 23) Participants must take the responsibility for there actions when disposing of litter. It can lead to disqualification. **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 danger. 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 staging of the event, Provincial and National athletics bodies and all local authorities from any responsibility, liability or cost relating to any injury, lose 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. **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. 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. (Popi act) **RACE GUIDELINES:** 1. Parking is available on school grounds at own risk.2.Water tables every 3km with refreshment hand outs.3. Please arrive early.4. Description Route - circle route.5.Medals at finish.6.No tog bag area.7.Medical Service providers will be on route and at finish point.8.Prizegiving @ 8:30am.9.Toilet facilities are available but no shower facilities 10.Route map will be available at the entry table.11.Any uncertainties please contact the Event Organiser - Ettiene Stone @ 083 304 8289.12.Emergency Medical Care: ER24 / 084 124.

Name & Surname of Athlete/Guardian: _____

Date: _____ November 2023

Signature: _____



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