

SPRING RUN

SATURDAY 24 AUGUST 2024

START: Att Horak Street
START TIME: 06:30am
FINISH: Att Horak Street
GPS: Lat: -29.118211
Long: 26.206680

21.1KM = R180

10KM = R130

1.6KM FS TRIALS = R100

5KM FS TRIALS = R100

5KM (FUN RUN) = R50

TEMPORARY LICENCE = R50



**REGISTER
ONLINE
NOW!**

Online:

<https://evententry.co.za/events/>

Final Entry: 22nd & 23rd August 2024
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:

22nd & 23rd August 2024 at
Achilles Running Club (17h00 - 20h00).
Saturday before the race at Achilles
- only for online or pre-entries.
(No registrations on race day, except for fun run)

Contact Details:

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

21.1 KM

10 KM

1.6 KM

FS TRIALS

5 KM

FS TRIALS

5 KM

FUN RUN

Manual Pre-Entry:

Email form to
bloemachilles@gmail.com
with proof of payment

R12 000
IN CASH PRIZES





General Information:

- For 21.1km, 10km and official 5km permanent 2024 ASA licence required or temporary licence must be purchased
- 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:

- 21.1km - 3hrs
- 10km - 2hrs
- 5km - 1hr
- Medical services: available at the finish line and roaming the route - Priority Care 071 20 60 005
- Runners must observe all Health and Safety Regulations
- More information and race updates at:
<https://www.facebook.com/bloemachilles>
<https://www.bloemachilles.co.za>

Prizes and Prize-giving:

Prize-giving: For all distances at 9h00; After results have been approved and made available by AFS TO Delegate, appeals must be made within 30min.

Prizes:

- Gold, Silver and Bronze medal for 1st, 2nd and 3rd place overall for 21.1km, 10km and official 5km (male and female)
- 21km's 1st Prize - R1,000; 2nd Prize - R750; 3rd Prize - R500 (open, male and female)
- 10km's 1st Prize - R500; 2nd Prize - R400; 3rd Prize - R300 (open, male and female)
- 5km's FS Trials 1st Prize - R500; 2nd Prize - R400; 3rd Prize - R300 (official, male and female)
- 1.6km's FS Trials 1st Prize - R500; 2nd Prize - R400; 3rd Prize - R300 (official, male and female)

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Tick the box

21.1KM
R180
6:30 am

10KM
R130
6:45 am

1.6KM FS Trials
R100
7:00 am

5KM FS Trials
R100
7:20 am

5KM Fun Run
R50
7:25 am

Temp#
R50

ATHLETE DETAILS

Our Race Charity
Please donate



Donation Amount: R _____

Name and Surname: _____

Physical / Postal Address: _____

Cell Number: _____

Email Address: _____

Club Name: _____

Province: _____

2024 ASA Number: _____

Temporary licence No: _____

ID or Passport Number: _____

Date of Birth: _____

Age Day of Race: _____

Gender: Male Female

Nationality: SA Citizen International

Age 14-19

Age 20-34

Age 35-39

Age 40-49

Age 50-59

Age 60+

NEXT OF KIN / EMERGENCY CONTACT DETAILS:

Emergency Contact Name: _____

Emergency Contact No: _____

WAIVER, INDEMNITY AND CONSENT: "By entering the event I understand that I am bound by the rules and regulations of the event including those of WA, ASA and AFS. I warrant that I am in good health and aware of the risk and danger of the physical nature of the sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and 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 related to any injury, loss or damage of whatsoever 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 the activity. Permission is granted in terms of section 51 of the Electronic Communication Transactions Act 25 of 2002, to use my name, race information, photographs, video tapes, broadcasts, telecast in which you may appear as free of charge. (Popi Act)."

Minor release: "I, the minor's parent and/or legal guardian, understand the nature of the athletic activity, 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 / waiver on behalf of _____"

Competitor Signature / Guardian for under 18 year-old: _____ Date: _____

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; All athletes participate at their own risk; Athletes acknowledge that by entering the event they are medically fit to participate; All athletes must supply the name and contact number of their next of kin on both the race number and entry form; Licensed athletes must wear club colours and the 2024 licence number on the back and front of their vest with the race number worn on the front of the vest. Note that the race number may not cover the ASA and sponsor logos at the top of the 2024 license; Temporary Licenses will be available for R50 - to be worn in front; No insurance coverage on Temporary licence; No seconding allowed, sufficient water points are provided - every 3km's - water and Energade / Own water bottles can be used to refill at the water points; No blades, cyclists or mechanically operated devices allowed in the race; Foreign athletes are to comply with ASA rules; Wheelchair athletes will not be permitted to participate; No animals / pets are allowed to participate/accompany an athlete; Minimum age participation 10km -15 years, 21.1km -16 years, 52km- 20 years; Fun run/walk - Children under 9 to be under full supervision of parent/guardian; Winners to provide all information to race organizer; Prize money will be paid on the day of the event and the winner will be required to sign a payment document; All winners need to show proof of identity - ID book, passport, drivers licence or birth certificate; No prize money will be paid if random drug testing was done on any distance on the day of the event, up to such time as ASA receives the results from the South African Institution for Drug Free Sport (SAIDFS); No refunds will be given once an entry is purchased or in the event that the race is cancelled due to reasons outside the organisers control; Athletes may not run with another athlete's race number; No earphones (except hearing aids), pets or prams or any electronic devices are permitted as they are in contravention of Rule-T6.3.2 and will lead to disqualification; The race organiser retains the right to refuse entry and reject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission; Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge; Runners who allow their race number to be duplicated will be held liable and will face AFS disciplinary with the possibility of a ban; Habitual offenders will be subjected to AFS disciplinary steps; Athletics FS Green Race - littering is not allowed; Make use of the recycling bins available at the water points; Athletes can be disqualified if they litter; Cut-off times for the event: 21.1km - 3hrs; 10km - 2hrs and 5km Fun Run - 1hr; Athletes will not be allowed to finish any distance's race after the cut off time; No late starters will be allowed (later than 5mins from the group start time); Officials and Volunteers must be obeyed at all times; Results will be made available on www.chiptimer.co.za within 72hours; All participants must adhere to the Health and Safety Regulations.

