



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.

30th FRI 2024



START / FINISH: MEDICLINIC, MEULEN STR, WELKOM

16h30:	Mile /1.6km Fun Race - Wheelchair Disabled 9 Years and older. (Wheelchair Helpers R30 extra)	R30 / entry
16h30:	Mile /1.6km Children Fun Run / Walk / Race Boys and Girls 7-15 Years old.	R30 / entry
16h30:	Mile /1.6km 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 R50 Temp License.)	R100 / entry

ENTRIES OPEN Wednesday 19 July 2024	ENTRIES CLOSE Friday 30 August 2024
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ENTRIES - DAY OF THE EVENT - VIRGIN ACTIVE - ONLY (13H00 until 15 minutes before each Race start)

CUT-OFF Times:	1.6 km: 30min (17h00)	5 km Fun Run: (19h30)	5km Open: (19h45)
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ALL Finishers receive a unique 22nd Celebration MEDAL !!!

RACE IN HER HONOUR (Open 5km) Prize money:					Jnr.	40+	50+	
SNR. WOMEN	1: R400	2: R300	3: R250	4: R200	5: R150	1. R200	1. R200	1. R200
SNR. MEN	1: R400	2: R300	3: R250	4: R200	5: R150	1. R200	1. R200	1. R200

Lots of team and individual awards, and lucky draw prizes up for grabs.

RACE OF LOVE 	RACE OF JOY REG: 002 - 804 NPO CHARLOTTE MOLL HAVEN / HERBER	RACE IN HER HONOUR
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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

MEDICLINIC	Vista	
MATJHABENG	EMERGENCY MEDICAL CARE ER24	CAPITAL SOUNDS Mobile Broadcasting Unit
	Virgin active	Chamberlain's Timekeeping
Growth Bridge Chartered Accountants	Lesedi	FIRST BATTERY CENTRE
Twizza	CITO'S NEVER STOP PUSHING	Fire-Quip
		THEPA Motswako

ENTER NOW ONLINE

Enter online by scanning the QR code above or visit www.entryninja.com
Online entries close on Tues 27 August 2024.
 Online entry collections at Virgin Active 29 Aug.
 Request club / group / individual entry form:
jduplessis@polka.co.za / jegardiduplessis@gmail.com
A copy of your proof of payment will be required

Daily manual entries & collections:

19 July - 28 August

Lesedi ICT (057-3571335/6) 9h00 - 16h00
 395 Stateway, Doorn, Welkom
(Strictly groups of 10 and more)

26 July - 30 August

Virgin Active Welkom 13h00 - 18h30
 Cnr Meulen Street and Long Road - Welkom Square

ENTRIES - DAY OF THE EVENT - VIRGIN ACTIVE - ONLY (13H00 - 18h30) until 15 minutes before each race start)

Event organiser: Hilde du Plessis 072 499 2602
 Safety officer: Johan du Plessis 082 059 6846
 Technical manager: Dawie Meuter 060 378 2291
 Medical service provider: ER24: 082 909 0382
 Infrastructure officer: Sello Ramotshabi 083 347 3301
MEDICLINIC WELKOM: 057 916 5138 / 5352

TERMS, CONDITIONS, RULES AND REGULATIONS APPLY



2024

MEDICLINIC WELKOM VISTA
ESKOM ATHLETICS CLUB FS ROAD RACE



TERMS, CONDITIONS, RULES & REGULATIONS

A. GENERAL INFORMATION

1. This is a road running race presented by Eskom Athletics Club Free State.
2. This event takes place on Friday 30 August 2024. The event starts and finishes at Mediclinic, Meulen Street, Welkom, Free State.
3. 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.
4. Road closure: Thursday 29 Aug and Friday 30 Aug 2024. Road closure according to the different routes and distances.
5. Parking: Do not use the hospital parking area. There is sufficient parking space surrounding Mediclinic. Parking is at own risk.
6. Sufficient amount toilets provided at Mediclinic and Welkom Square. No dressing rooms and shower facilities available.
7. No tog bag area and no club tents / gazebo space available.
8. No food stalls or refreshments available at event. Please support the businesses, service stations, and food courts in and around Welkom Square and Mediclinic.
9. Different vehicles (3 leading cars) will be used for different races for assistance, control and safety. Medical support provided by ER24.
10. 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.
11. Medals are handed out to finishers upon completing the race at the finish line.
12. The event will comply with the Health and Safety regulations that may apply at the time of the event.
13. 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.
14. Recommendation the wearing of reflective clothing, strip, bands and head lights.

B. RACE RULES

1. The race is held under the rules of WA, ASA and AFS.
2. 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.
3. 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.
4. 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.
5. No vehicles allowed on the course. No seconding.
6. No prams, blades, animals, cyclist or mechanically operated devices allowed. Wheelchairs allowed only in mile / 1.6km wheelchair disabled fun race.
7. Medals will only be handed out to participants in possession of a fully completed entry ticket / race no.
8. 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.
9. 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.
10. This event offers a certified 5km route and results can be used to qualify for other events.
11. Wearing of earphones, headsets and similar devices is not permitted
Prescribed hearing aids are allowed.

C. TIMING AND RESULTS

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



D. ENTRIES - OPEN UNTIL THE DAY OF EVENT

1. Online entries and manual (individual and club / groups) entries will be accepted.
2. Entries open on Friday 19 July 2024. Manual entries and collections at designated entry points will close on Friday 30 August 2024. Online entries (Entryinja) close on Tuesday 27 August 2024.
3. Online entries can be collected at Virgin Active Cnr Meulen Street and Long Road, Welkom on 29 August 2024 (THURSDAY)
4. Entries will be open at the venue (Virgin Active) on the day of the event 30 August 2024.
5. A copy of your proof of payment will be required.
6. Strictly no refunds. Entries are not transferrable or deferrable unless otherwise announced.
7. In the event that the race is cancelled due to reason outside the organisers control the event entry fees will not be refundable.
8. Incomplete or incorrectly completed entries and entries not fully paid will be rejected.
9. 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.
10. 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.
11. 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.

E. LICENSES, RACE NUMBERS AND DRESS CODE

1. ASA Licensed athletes must wear club colours and a valid 2024 licence number on the front and back of the vest. (Only 18h30 open 5km race applicable)
2. International athletes are subjected to ASA rules and must be in possession of a clearance certificate and passport prior to entering / participation.
3. The race number needs to be pinned and visible on the front of the vest.
ASA rule apply and may not cover the ASA and sponsor logos on the ASA license.
Age category tags are compulsory.
4. An athlete may not run with another athlete's race number. No transfer of race numbers
5. All athletes must complete in full - Race number, Temp no, Entry ticket and Entry form.
Participants with incomplete information will not be considered for prizes
6. Temporary Licenses must be pinned on the back of the vest. Clothing to be worn must be neutral of color. (Only 18h30 open 5km race applicable)
No insurance coverage on temporary licenses no. (Only 18h30 OPEN 5km Race applicable.)
7. Athletes are encouraged to wear the colours of their organization, business, school and to support the 2024 theme, "SPARKLING STAR CELEBRATION" in the colours of our beneficiaries

F. PRIZES & AWARDS

1. All prize winners of the open 5km race will be requested to show proof of an identity (ID book, passport, drivers license or a birth certificate).
2. 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).
3. Prize money and incentives will only be awarded to athletes with valid ASA 2024 licenses.
4. Prize for Team, Club and School - for the most entries
Award for Best Dressed & Spirit announced on 31 Aug 2024 by SMS, Whatsapp, Email.
5. Winners must be present for prize giving as soon as results are available:
Mile / 1.6km (17h00), 5km Fun Run(18h45), 5km OPEN (19h15).
6. Prizes will be rewarded for the following:
 - 6.1. Medals are handed out to all finishers upon completing the race at the finish line.
 - 6.2. **RACE OF LOVE** (Mile /1.6km) Open Children, Masters & Wheelchair Races
Top 3 Male & Female will receive an Anniversary Celebration award and lucky prizes.
 - 6.3. **RACE OF JOY** (Open 5km Fun Run) Women only: Top 3 will receive an Anniversary Celebration Award. The Top -10 finishers will receive lucky prizes
 - 6.4. **RACE IN HER HONOUR** (5km) Snr Men and Women: Pos 1 - R400.
Pos 2 - R300. Pos 3 - R250. Pos - 4 R200. Pos 5 - R150,
Categories Jnr Men and Women Pos 1 - R200, 40+ Men and Women Pos 1 - R200
50+ Men and Women Pos 1 - R200
Fastest 5km man Pos 1 (sub 15min) and women Pos 1 (sub 19min) who completes the race wearing club colours win an additional R400 each
7. First 222 pre-entries to be received for the 5km Fun Run Women Only will be eligible for a Lucky draw prize worth R500.
8. Big Lucky Draw Prize for Open 5km Entrants worth R1000.
9. Spirit and Best Dressed Awards - Participants must submit photographs or short video 1 min recordings partaking as an individual or group by WhatsApp to 072 054 3658 (POPIA).
10. Award for Best 3 Water Point Embracing the 22nd Anniversary Celebration.
11. No Seeding - Qualifying Event - Open 5km Men & Women

Vista

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