

**BLOEMFONTEIN
STRIDERS**



PSG Wealth

13TH ANNUAL



NIGHT RACE

29 January 2025

10KM | 18:30

R100 | Temp License Number R70
2024 ASA Registered Number still valid

ROAD MILE | 18:00

R50 | Sponsored by Astron Energy

5KM FUN RUN | 18:45

R50 | No Temp License needed

TODDLER DASH | 18:00

Free

ENTER FOR ONE OR SEVERAL RACES!

Event Organiser: Jaco Ebertsohn 071 682 4725

Technical Manager: Henry Jordaan 076 046 4005

Medical Services: VR Med 082 074 1617

Safety Officer: VR Security 082 074 1617

START / FINISH

LHP Market | Boeremark
29.0997° S, 26.1576° E
Joachim van Brug Street, Bloemfontein



**LUCKY
DRAWS
UP FOR GRABS**



FNB

ECONO FOODS



**ENTRIES or
COLLECTION:**

28 JAN '25 17:00-19:00 (Boeremark)

29 JAN '25 16:00-18:00 (Boeremark)

ENTER ONLINE:

www.bloemstriders.co.za

**ENTER NOW
ENTER NOW**

GENERAL INFORMATION:

1. Toilet facilities will be available, however no shower or undress rooms.
2. Medics will roam the route and medical station will near the finish line.
3. No tog bag or gazebo area are available.
4. Parking area: Jachem van Bruggen Street, Langenhoven Park. Parking at own risk.
5. Refreshments and Food stalls available at the finishing line.
6. There will be a lead vehicle for the 10km and 5km.
7. Prize giving will start at 20:00

RACE RULES:

1. This meeting takes place in accordance with the rules of WA, ASA and AFS.
2. Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
3. All athletes participate at their own risk. Athletes acknowledge by entering the event that 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.
4. Registered athletes partake in club colours. License no in front and at the back to be worn.
Non-registered athletes: Temporary Number to be bought for R70 (Only 10km runners). No insurance coverage. License number to be worn in front and at the back. The race number / entry ticket not cover the ASA licence number. Temporary license number athletes will not be considered to be selected for a AFS team.
5. No seconding allowed. Water points every 3km. Two water points on the route and at the finishing line.
6. Foreign athletes must hand in an approved clearance certificate/letter from the country of origin, before entering the race-Race organiser.
7. Permission not granted to partake: No animals/pets, no iPods or listening devices, no blades, cyclist or mechanically operated devices, no wheel charts/prams which are mechanically or manually operated by participants or disable wheelchair athletes.
8. No late starters will be allowed. That is later than 5minutes from the group start time
9. All instructions from traffic, race and technical officials, as well as marshals must be obeyed at all times.
10. Only those who have completed all the information required in the race entry are eligible for prizes. Prize winners need to confirm ID number according to pre-entry form when called or WhatsApp message forward to respond to confirm banking details.
11. No refunds on entry fees if race or distance been cancelled or changed to virtual event
12. Vehicles will be leading from the front. Emergency vehicles as well as a Security vehicle will be roaming the route.
Medical station-finishing line /route
13. Athletes may not run with another athlete's race ticket unless by prior arrangement with the race organiser.
14. 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, or not complying to the Health and Safety Rules and Regulations if requested on the day of the event.
15. 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. Habitual offenders (those who regularly participate without purchasing a race entry) will be called to an AFS disciplinary.
16. AFS Green Race: An athlete needs to dispose of nay litter the litter container/area to prevent to be disqualified.
17. 10km: Minimum age restriction: 14 years. 5km Fun Run: age restriction 9 years and older (children under supervision of parents) Toddler dash: 100m (3-6years) Supervision of parents at all time.

PRIZE MONEY:

1. Senior: 1st – R1 500 Male & Female, 2nd – R1 000 Male and Female, 3rd – R500 Male and Female
2. Junior: 1st R250 Male and Female
3. 40+: 1st R250 Male and Female
4. 50+: 1st R250 Male and Female
5. 60+: 1st R250 Male and Female
6. 70+: 1st R250 Male and Female