

25 January 2025

Tempe Base Stadium Furstenberg
Road Bloemfontein



Pamoja Marathon

Enter online now: www.evententry.co.za/events/
Manual registration: 21-24 January 2025
@ Tempe Stadium and Navalhill 16:00-18:30

Collection: 16:00-20:30 Tempe Stadium

COMRADES & TWO OCEANS QUALIFIERS

5km

R70

Start Time
06:00am

10km

R150

Start Time
05:45am

21.1km

R190

Start Time
05:20am

42.21km

R260

Start Time
05:00am

Temporary License is R50 for all races except for 5km fun run



Men & Women	1st	2nd	3rd	40-49	50-59	69-69	Jnr
42.2km	R3000	R1500	R1000	R500	R500	R500	-
21.1km	R1500	R1000	R500	R350	R350	R350	R350
10km	R1000	R700	R400	R250	R250	R250	R250



MAROGOA TENT HIRE
AND SERVICES



Race Director

Safety Officer

Technical Officer

Mphutlane Modibedi: 0828579449 Teboho Thamae: 0836819998 Malerato Musi: 0660089272

ESSENTIAL RACE INFORMATION AND REGULATIONS

RULES, REGULATIONS, RACE INSTRUCTION AND INFORMATION

- A permanent 2024/2025 ASA license number or a temporary license is required for the 42.2km, 21.1km, and 10km races.
- Age bibs or tags are mandatory to qualify for category prize money.
- Entrants will participate under the rules of World Athletics, ASA and AFS and it is the athlete's responsibility to familiarize themselves with the rules. The World Athletics and ASA rules can be downloaded from their respective web sites www.worldathletics.org & <https://athleticssa.org.za/ASARules>.
- In addition to the above there are specific race rules that will be enforced:
- By agreeing to enter the event, the runner automatically agrees to abide by the above rules, race rules, and any final instructions issued prior to race day.
- Foreign runners must present a permit from their Athletics Federation to the organizers either during registration or when collecting their race packs.
- Runner must provide a valid mobile number and email address. This will be used exclusively by race organisation for important notices to runners.

ENTRIES, REGISTRATION, PAYMENTS

- Online: www.evententry.co.za/events. Online entries close at midnight, 22 January 2025.
- Manual entry: 21-24 January 2025 from 16:00 – 18:30 at Navalhill and Tempe Stadium. Online forms Card facilities available. Online entry form.
- EFT Details: Nedbank 1102277533, Branch Code 166234 – Use reference: Name, Surname and Distance, e.g., Morena Mokotla 42.2km. Proof of payment should be sent to pamojaac@gmail.com.
- Late Entries: 5km only 25 January 2025 from 03:30 – 05:30. No registration for 10km, 21.1km and 42.2km on race day.

TEMPORARY LICENSES

- Athletes without a license are required to buy a temporary license for R50 when registering.
- Temporary License number must be worn on the back.
- The race number issued by the organizers must be worn on the front.
- Runners without a license are permitted to wear only plain attire, as stipulated by ASA advertising regulations.

RACE PACK COLLECTION

- Race pack collection will be held at Tempe Stadium, Furstenberg Road Brandwag, Bloemfontein, 9301.
- 23 & 24 January 2025 from 16:30 – 20:00
- 25 January from 03:30 – 04:30.

MINIMUM AGES

- 14 Years for 10km a
- 16 years for the 21,1km
- 20 years for the 42,2km

TIMING

- Chiptimer will be used to time all events.
- The timing chip will be worn on shoes. Those who bought the timing chip from August 2024 will have to provide the timing chip number when registering for the race.
- Runners without a permanent timing chip can purchase one for R20.
- Please make sure you cross all timing mats and check points

CONDUCT DURING A MARATHON

- Marshals and traffic officials must be obeyed at all times. Failure to comply with their instructions will lead to immediate disqualification.
- Any abusive or threatening action or comments to marshals, traffic officials, or technical officials will result in security removing the runner from the race and a report to both the Provincial federation and the runner's club for additional disciplinary procedures.
- NO SECONDING OR VEHICLES WILL BE ALLOWED on the route:
- Littering is an offence (rule 28). Do your bit to ensure that the race is litter free.
- Regret no wheelchairs, rollerblades, cycles, or mechanically operated device allowed in the races.
- No animals are allowed in the races.
- No pushing of prams or other wheeled carrier is allowed.
- Failure to wear race and / or relevant license numbers will result in disqualification

REFRESHMENTS STATIONS & MEDICAL FACILITIES

- Refreshment stations (±3km) will provide Coke and water.
- All tables after 21km will provide snack and food for marathon runners.
- Medical support on route and medical services available at the finish line.

FINISH

The Cut-off times:

- 42.2km:- 6hrs
- 21.1km:- 3hrs
- 10km:- 2hrs
- 5km:- 1hr

PRIZE GIVING AND AWARDS

- Prize money is awarded exclusively to registered athletes, and category prizes are available for athletes wearing age tags, one on the front and one on the back.
- If doping control is actioned at the event, prize money will be paid within 60 days of the results.
- The 10km prize giving will be held after 08:30.
- The 21km prize giving will be scheduled for after 09:00.
- The 42km prize giving will be scheduled for after 10:00.

INDEMNITY AND WAIVERS

By participating in the race, athletes waive any claims against national, provincial, and regional bodies, as well as sponsors and organizers, for any actions arising from their participation or other related circumstances.

Entry fees are non-refundable, non-transferable, and cannot be exchanged due to weather or unforeseen events beyond the organizers' control.

I also authorize the organizers and their agents, under Section 51 of the Electronic Communications and Transactions Act 25 of 2002, to use my name, race details, and any photos, videos, broadcasts, or telecasts featuring me for any purpose, without compensation.

CANCELLATION

Note: There is no intention of cancellation of this event, but if cancellation is enforced then all fees are non-refundable.

