



BORDER ATHLETICS

SUNDAY, 21 SEPTEMBER
2025

Friends Of Pumpkins 10k

@ Buffs Athletics Club

Time: 6:30am

10km-R180

5km-R60

Contact : Batandwa 072 817 6940
Bonga 083 541 6556

10km starts at 06h30 - 5km Fun Run starts at 06h45

Registration information

DATES

15 July to 12h00 on 12 September

15 July to 12h00 on 12 September

Friday 19 September 2025

Saturday 20 September 2025

Sunday 21 September 2024(late registration R200)

Or email your entry form and a proof of payment to pumpkinsac2020@gmail.com

TIMES

Online Entries

08h00 to 15h00

15h00 to 19h00

15h00 to 19h00

05h00 to 06h00

VENUE

<https://entrytickets.net/pumpkinsrun>

Sportsmas Warehouse, Beacon Bay

Buffs Clubhouse, Quigney

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T-shirts for the first 200 entries (10km only). Medals for all finishers in the 10km & first for the 100 finishers in the 5km fun run

PUMPKINS AC Banking Details

Account Name: Pumpkins Athletics Club

Account No: 62858804406

Bank: FNB

Ref: (your name & surname)

PARTICIPANTS DETAILS

RACE BIB No.								NATIONALITY				
WHICH RACE?	10KM ✓			5KM ✓				ATHLETIC CLUB				
FIRST NAME								CLUB LICENCE NO.				
SURNAME								TEMP NO.				
DATE OF BIRTH	YYYY/ MM/DD							ID NUMBER				
GENDER	MALE ✓			FEMALE ✓				EMAIL				
CATEGORY	JNR	Open	35+	40+	50+	60+		CELL NUMBER			AGE	

SPECIAL AGREEMENT INDEMNITY (PARTICIPATION IN THIS EVENT IS AT YOUR OWN RISK)

**The Organisers (Athletics South Africa, Border Athletics, Pumpkins Athletics Club and any other entity or persons assisting with the organisation of the Friends of Pumpkins run,*

I agree not to hold The Organisers* liable for any injury, illness, death, damage to and/or loss of property which I may suffer directly or indirectly as a result of my participation in the Friends of Pumpkins 10km run. I confirm that this indemnity is entered into for the benefit of The Organisers* as defined above. I agree to allow The Organisers* to use my email address to communicate with me and that any photographs taken may be used for promotional purposes. I consent to the Organisers* processing my Personal Information as defined in the Protection of Personal Information Act, 4 of 2013.

Signature of Entrant

Signature of Parent or Guardian

(If the entrant is under the age of 18 years, the signature of the parent or guardian is also required)

PRIZE MONEY		10 KM		
Prize Category	1st	2nd	3rd	
Runners - Men & Women Open	R500	R400	R300	
Runners - Men & Women 35+; 40+; 50+; 60+	R200	-	-	
Runners - Junior Men & Women	R200	-	-	

PRIZE WINNERS ARE REQUESTED TO ACKNOWLEDGE THE SPONSOR BY BEING PRESENT AT PRIZE GIVING

ENTRY FEE AND TEMPORARY LICENSE FEE	10KM	5KM
Entry fee	R180	R60
Temporary License Fee *	R50	R0
Minimum Age for Participation	14 Years	9 Years

* UNLICENSED ATHLETES ARE REQUIRED TO PURCHASE A TEMPORARY LICENSE NUMBER

RACE INSTRUCTIONS

This event is run under the rules and regulations of Athletics South Africa and Border Athletics.

Athletes must wear their ASA licences on the front and the back of their vests. The race number must be placed on the front so that the ASA licence is visible.

Temporary licence numbers should be placed on the back of the vest.

License numbers must be visible at all times during the race

Age flashes must be worn on the upper front and back of the vest or crop top to qualify for age category prizes.

Littering along the route will result in disqualification. Athletes must use the bins provided at the refreshment points.

Refreshment Stations will be provided at approximately 3km intervals. No Seconding vehicles will be allowed on the route.

The Race Bibs must not cover the licence number and must be on the front of the running vest. Placing it elsewhere may result in your finish time not being recorded.

Prize Giving will take place at 08h30 or as soon as possible thereafter. Athletes present at prize giving will be eligible for lucky draw prizes.

ATHLETE SAFETY

Athletes are responsible for their own safety during the event. The event is run on public roads and athletes must give way to vehicles at all times. If you make use of prescribed medication for the control of medical conditions such as Diabetes, Asthma, Epilepsy or Allergic Reaction etc then you must carry your prescribed medication with you during the event.

Medical response personnel will be on duty on the event course and at the finish. Race Marshals and Refreshment Station personnel will assist athletes to communicate with Medical Response if required.

Traffic officials and Race Marshals will be on the Route to assist with the safe passage of Athletes and failure to follow their direction may lead to your disqualification. Athletes must run no more than two abreast and on the right side of the road facing oncoming traffic unless the Traffic Officials instruct you to do otherwise. The use of earphones or head phones during the race is a contravention of ASA rules and will result in your disqualification.