



in association with
Louzanne Coetzee Foundation
& Bloemfontein Striders



1 SATURDAY
MARCH
2025

▪ **42 km**
Entry Fee: R200.
Temporary License
number: R50

▪ **21 km**
Entry Fee: R150.
Temporary License
number: R50

▪ **10 km**
Entry Fee: R120.
Temporary License
number: R50

▪ **5 km Fun Run**
Entry Fee: R80.



R32 500

Mimosamall Gift Cards
to be won!

ONLINE ENTRIES:
www.mimosamall.co.za

RACE PACK COLLECTION (VALUE CO AISLE):
27 February: 14h00 - 19h00
28 February: 14h00 - 19h00

START / FINISH:
GPS Co-ordinates: 29.1078°S, 26.2007°
Start & Finish: Mimosamall
Start Times: 42 km @ 5h30 | 21 km @ 6h00
10 km @ 6h30 | 5 km @ 6h30

Event Organiser & Technical Manager: Jaco Ebertsohn - 071 682 4725
Safety Officer: Henry Jordaan - 076 046 4005 | Mediclinic Emergency Services: 051 404 6225



Bloem NUUS
NEWS



**BLOEMFONTEIN
STRIDERS**
Where runners become friends

GENERAL INFORMATION:

1. Toilet facilities will be available inside the Centre, however no shower or dressing rooms will be available.
2. Medical personal will roam the route, and a medical station will be setup close to the finish line.
3. Mimosa Mall parking lot will be available for all entrants to park their vehicles. The starting point and finish line will be at Mimosa Mall. No tog bag facilities available. Club gazebo areas will be available.
4. Mimosa Mall Parking (Parking at own risk.)
5. Refreshments and Food stalls available at the finish line.
6. There will be a lead vehicle for the 42km, 21km, 10km and 5km Fun Run. Vehicles will be leading from the front.
7. Emergency vehicles as well as a Security vehicle will be roaming the route.
8. Prize giving will start, 11:00 at Mimosa Mall.
9. 42km cut off is 6 hours, 21km cut off is 3hours, 10km cut off is 1:30, 5km cut off is 1hour. Athletes will not be permitted to finish the race after the cut- off time. Results for the 42km and 21km will be made available on Bloemfontein Striders website.
10. Entries to be done online. Entries for the 42 and 21km race will close 28 February 2025. 10 and 5km can still register the day before at the registration village.
11. Route map available on the Mimosa Mall website and registration desk.

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 number to be worn in front and at the back of your shirt.
5. Non-registered athletes: Temporary Number to be bought for R50 (42km, 21km and 10km runners). No insurance coverage. License number to be worn on front and back of your shirt. The race number / entry ticket may not cover the ASA licence number. Athletes with temporary license numbers will not be considered to be selected for an AFS team.
6. No seconding allowed. Water points every 3km. Seven water points on the route and at the finishing line.
7. Foreign athletes must hand in an approved clearance certificate/letter and a copy of the passport from the Country of origin, before entering the race and submitted to the Race Organiser.
8. 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.
9. No late starters will be allowed. This refers to later than 5 minutes from the group start time.
10. All instructions from traffic, race and technical officials, as well as marshals must be obeyed at all times.
11. Only those who have completed all the information required in the race entry are eligible for prizes. When a prize winner is contacted (called or via WhatsApp) they need to confirm identification according to the pre-entry form and respond to confirm banking details if needed. No refunds will be provided on entry fees if race or distance is cancelled by the Organiser.
12. Athletes may not run with another athlete's race ticket unless by prior arrangement with the Race Organiser.
13. 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.
14. Athletes who participate without buying a race entry, will be disqualified and 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.
15. AFS Green Race: An athlete needs to dispose of any in a litter container/area to prevent to be disqualified.
16. Age restriction: 42 km: Minimum age of 18 years. 21 km: Minimum 16 years, 10km: Minimum age 14 years. 5km Fun Run: Minimum 9 years. Children must be under the supervision of parents / guardians at all time.

WAVER INDEMINITY AND CONSENT

By entering this event, I undertake to be bound by the rules and regulations of the event including those of WA, ASA and AFS which include the payment of the entry fee. I warrant that I am in good health, physically fit and have sufficiently trained to participate in this run and aware of the risks and dangers of physical nature of this sporting event and do not claim ignorance of these risk 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 relating to any injury, loss or damage of whatever nature, including pre-and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe (breathing), I will immediately discontinue further participation in activity.

Permission is granted in terms of section 51 of the electronic communication transactions act 25 of 2002, to use your name, race information, photographs, video tapes, broadcasts, telecast in which you may appear as free of charge (Popi Act).

MINOR RELEASE: and I, the minor's parents and /or legal guardian, understand the nature of the athletic activity and I 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 /waver on behalf of the minor.

Category Prizes Breakdown:

Distance (km)	Category	Place Winner	Male	Female
42km	Open	First	R 1 500,00	R 1 500,00
	Open	Second	R 1 000,00	R 1 000,00
	Open	Third	R 850,00	R 850,00
	40-49 y	First	R 850,00	R 850,00
	50-59 y	First	R 850,00	R 850,00
	60+	First	R 850,00	R 850,00
21km	Junior	First	R 500,00	R 500,00
	Open	First	R 1 200,00	R 1 200,00
	Open	Second	R 850,00	R 850,00
	Open	Third	R 500,00	R 500,00
	40-49 y	First	R 500,00	R 500,00
	50-59 y	First	R 500,00	R 500,00
	60+	First	R 500,00	R 500,00
10km	Junior	First	R 500,00	R 500,00
	Open	First	R 1 200,00	R 1 200,00
	Open	Second	R 850,00	R 850,00
	Open	Third	R 500,00	R 500,00
	40-49 y	First	R 500,00	R 500,00
	50-59 y	First	R 500,00	R 500,00
	60+	First	R 500,00	R 500,00