

SWASAP 2026

28 March 2026 • Hosted by Bloemfontein Achilles • Bloemfontein

PUSH BEYOND LIMITS

32KM

R200

21.1KM

R180

10KM

R130



4.9KM
Fun Run

R50

ATHLETE DETAILS:

TEMP R50

Name and Surname:

Physical / Postal Address:

Cell Number:

Email Address:

Club Name:

Province:

2026 ASA Number:

Temporary licence No:

Gender:

Male

Female

Nationality:

SA Citizen

Foreigner

ID or Passport Number:

Date of Birth:

Age Day of Race:

Age 14-19

Age 20-34

Age 35-39

Age 40-49

Age 50-59

Age 60-69

Age 70+

NEXT OF KIN / EMERGENCY CONTACT DETAILS:

For Club Use:

Paid

Race Number

Captured

WAIVER, INDEMNITY AND CONSENT

By entering the event I understand that I am bound by the rules and regulations of the event including those of WA, ASA and AFS. I warrant that I am in good health and aware of the risk and danger of the physical nature of the sporting event, and do not claim ignorance of these risks 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 related to any injury, loss or damage of whatsoever nature, including pre-and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity. Permission is granted in terms of section 51 of the Electronic Communication Transactions Act 25 of 2002, to use my name, race information, photographs, video tapes, broadcasts, telecast in which you may appear as free of charge. (Popi Act).

Minor release

I, the minor's parent and/or legal guardian, understand the nature of the athletic activity, 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 / waiver on behalf of

Competitor Signature / Guardian for under 18 year-old

Date:

RULES

The race is held under the rules of WA, ASA and AFS; 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; All athletes participate at their own risk; Athletes acknowledge that by entering the event 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; Licensed athletes must wear club colours and the 2026 licence number on the back and front of their vest with the race number worn on the front of the vest. Note that the race number may not cover the ASA and sponsor logos at the top of the 2026 license; Temporary Licenses will be available for R50 - to be worn in front; No insurance coverage on Temporary licence; No seconding allowed, sufficient water points are provided - every 3km's - water and Energade / Own water bottles can be used to refill at the water points; No blades, cyclists or mechanically operated devices allowed in the race; Foreign athletes are to comply with ASA rules; Wheelchair athletes will not be permitted to participate; No animals / pets are allowed to participate/accompany an athlete; Minimum age participation 10km -15 years, 21.1km -16 years, 32km- 20 years; Fun run/walk - Children under 9 to be under full supervision of parent/guardian; Winners to provide all information to race organizer; Prize money will be paid on the day of the event and the winner will be required to sign a payment document; All winners need to show proof of identity - ID book, passport, drivers licence or birth certificate; No prize money will be paid if random drug testing was done on any distance on the day of the event, up to such time as ASA receives the results from the South African Institution for Drug Free Sport (SAIDFS); No refunds will be given once an entry is purchased or in the event that the race is cancelled due to reasons outside the organisers control; Athletes may not run with another athlete's race number; No earphones (except hearing aids), pets or prams or any electronic devices are permitted as they are in contravention of Rule-T6.3.2 and will lead to disqualification; 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; 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; Runners who allow their race number to be duplicated will be held liable and will face AFS disciplinary with the possibility of a ban; Habitual offenders will be subjected to AFS disciplinary steps; Athletics FS Green Race - littering is not allowed; Make use of the bins available at the water points; Athletes can be disqualified if they litter; Cut-off times for the event 32km - 4h30m, 21.1km - 3hrs; 10km - 2hrs and 5km Fun Run - 1hr; Athletes will not be allowed to finish any distance's race after the cut off time; No late starters will be allowed (later than 5mins from the group start time); Officials and Volunteers must be obeyed at all times; Results will be made available on www.chiptimer.co.za within 72hours; All participants must adhere to the Health and Safety Regulations

