

Algemene Inligting

1. Begin en eindpunt :Bloemfontein Achilles Sportsentrum
2. Inskrywings: 14 Januarie tot 9 Februarie by Bloem Achilles Klubhuis.
17h00-19h00 en 5h00 oggend van wedloop
3. Inskrywingsfooi: 42.2km - R80
: 21.1 km - R60
: 10km - R40
: 1.5km - R5
4. Afstandborde - elke kilometer
5. Waterstasies: elke 3km (Twizza & water)
6. Noodhulp beskikbaar
7. Gratis Coke by eindpunt vir atlete
8. Kleedkamers, storte en toilette beskikbaar
9. Tydsbeperking : 42.2 km = 5 ure
: 21.1 km = 3 ure
: 10 km = 2 ure
10. Prysuitdeling : 10:30
11. Wegspringtyd : 42.2km = 06:00 (Stappers 5h30 & waterpunte eers vanaf 12km)
: 21.1km = 06:00 (Hardlopers & Stappers)
: 10km = 06:30 (Hardlopers & Stappers)
: Ma & kind 1.5km = 06:45
12. Medaljes soos aangedui onder pryse
13. Tydelike nommers beskikbaar teen R20-00
14. Verversings en kroeg beskikbaar by eindpunt

Reëls

1. Deelnemers moet 'n 2013 lisensienommer dra voor en agter op frokkie
2. Geen atleet onder 15 mag deelneem aan die 10km, onder 18 aan die 21km & onder 20 aan die 42km nie
3. Alle reëls van ASA en IAAF sal van toepassing wees
4. Wedloopbeamptes en verkeersbeamptes moet gehoorsaam word
5. Ouderdoms kategorie kentekens voor en agter op frokkie
6. Atlete moet in besit wees van 'n inskrywings-kaartjie by die eindpunt. Indien nie, sal die atleet nie 'n medalje ontvang nie en ook gediskwalifiseer word.

Vir verdere navrae kontak :

Bloemfontein Achilles 051-444 5867 (17:00-19:00 Ma-Do)
Gordon 0833022784
Beverley 0718953183

General Information

1. Start and finish: Bloemfontein Achilles Sport Centre
2. Entries : 14 January to 9 February at Bloem Achilles clubhouse.
17h00-19h00 and morning of race from 5h00
3. Entry fees: 42.2km - R80
: 21.1 km - R60
: 10km - R40
: 1.5km - R5
4. Distance markers - every kilometer
5. Refreshment points - every 3 km (Twizza & water)
6. First aid will be available
7. Free Coke at finish for athletes
8. Changing rooms, showers and toilets available
9. Time limit : 42.2 km = 5 hours
: 21.1 km = 3 hours
: 10 km = 2 hours
10. Prize giving : 10:30
11. Starting Time : 42.2km = 06:00 (Walkers 5h30 & waterpoints only from 12km)
: 21.1km = 06:00 (Runners & Walkers)
: 10km = 06:30 (Runners & Walkers)
: Mother & Kids 1.5km = 06:45
12. Medals as specified under prizes
13. Temporary numbers available at R20-00
14. Refreshments and bar available at finish

Rules

1. Athletes must wear 2013 licence number on front and back of vest
2. No athletes under the age of 15 for the 10km ,under 18 for the 21km & under 20 for the 42km may participate
3. Race is presented under the rules of ASA and IAAF
4. Traffic officials and race officials must be obeyed
5. Age category tokens must be worn on front and back of vest
6. Athletes must have a entry card at the finish. If not, athletes will be disqualified and will not receive a medal.

For further enquiries contact :

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