

## ENTRIES AND REGISTRATION

1. LATE ENTRIES WILL BE DONE MANUALLY ON FRIDAY 20 SEPTEMBER 2024 FROM 17H00 UNTIL 20H00 **ONLY.**
2. Athletes must be licensed numbers of a club affiliated to ASA.
3. 2024 licence numbers on the front and back
4. of vest/tshirt, and the official race number place over the licence number on the front vest.
6. Unlicensed runners must purchase a temporary licence with their entry, to be worn on the back of attire.
7. Athletes must be at least 16 years or older to participate in the 10km race.
8. Timing will be done manually.
9. The cut off time for 10km is 2 hours.

## STARTING TIME

10. The 10km race will start at 07:00 from CUT Rugby Stadium Bloemfontein Campus.
11. The 4.8km walk will start at 07:15 CUT Rugby Stadium Bloemfontein Campus.
12. There is a strict protocol for line up and start. All runners will be required to abide 100% to this process. Any contravention will bring instant disqualification from any start official.

Roads for the 10km run and 4.8km walk will be closed from 06:00.

The 10km race will start from President Brand Street along President Avenue, Victoria Road, Walter Sisulu Road and back.

The 4.8km Fun Walk will start from President Brand Street, President Avenue, Krause Street, Nico Van Der Merwe Street, Kolbe Avenue.

## ENTRY FEE

**10km (Licenced Runners) - R180.00**  
**(Unlicensed Runners) - R180.00 + R50.00 for a**  
**Temporary Licence) - R230.00**  
**4.8km FUN WALK - R80.00**

# 10km RUN

## Running for a good cause Open Race

**10KM**

	Prizes (M/F)	1st	2nd	3rd
Open/Seniors		R5 000	R3 000	R2 000
Junior		R500		
Veteran	40-49	R500		
Masters	50-59	R500		
Grandmasters	60+	R500		

### Online Banking Details

**Account Name: Central University of Technology FS**

**Account number: 62538533531 (FNB)**

**Reference: 5060/5057 + First 6 digits of your ID/Passport no**

**Date 21 September 2024**

**Venue CUT Rugby Stadium Bloemfontein**

#### Safety Officer

**Dr Leana Esterhuizen**

**Email: lesterhu@cut.ac.za**

#### Event Organiser

**Jacqueline Pietersen**

**Email: jhpietersen@cut.ac.za**

#### Technical Manager

**Thabang Leroala**

**Email: tmphi@cut.ac.za**

**Mobile:068 118 4617**

### Manual Registration & Race Collection

**Friday, 20 September 2024**

**Venue: CUT Rugby Stadium**

**17h00- 20h00**

**CUT Athletics Club (BFN)**



## ENTRY FORM

Tick the appropriate block:

10 km (07:00)

4.8 km (07:15)

☐☐

Fun Walk  
No temp licence  
needed

ASA No/ Temp No:  
(10km Race)

Province:

Club in Full: \_\_\_\_\_

Surname: \_\_\_\_\_ Name: \_\_\_\_\_

ID / Birth certificate/ Passport:

International/ RSA \_\_\_\_\_

Date of Birth:  /  /  Gender: ☐ Age:

Cell no:  Email: \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ Cell No: \_\_\_\_\_

### INDEMNITY ACCEPTANCE

Signature of Applicant : \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/ Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

### INDEMNITY/ WAIVER

By entering this event, I undertake to be bound by the rules and regulations of the event including those of World Athletics and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this 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 organizers of the event, property owners, all sponsors, persons and organizations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or cost relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event 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. The organizers agree that all personal information requested on the form is for the use of the event only and will not be distributed to any third party.

**MINOR RELEASE:** The minor's parent and/or legal guardian, understand the nature of athletic activities and 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 the minor. **GENERAL INFO:** Entries open day on the eve of the race. Cut off for 10km distance is two hours after the distance start. Toilets available at the start and finish, including dressing & showers facilities. Tog bag or gazebos facilities available. Parking available at own risk. Prize giving 10h00. Results will be made available at the event. Water points-every 3km and finishing line. Route maps will be made available at the entry points, participants must familiarise themselves. There is leading vehicles & cyclist for men and women in the 10km distance, except for the 4.8km fun run will be a leading vehicle only. Emergency services will be available for both distances. **RACE RULES** 1. The race is held under the rules of WA, ASA and AFS and will be applied on race day. 2. Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against and/or all actions of whatsoever nature, whatever the same may arise out of their participation in the race. 3. All Traffic Officers, Technical Officials and Marshals must be obeyed. Breach of any regulations or requirements may lead to instant removal without appeal. The race organiser and safety officer have the final decision in this regard. 4. All athletes participate at their own risk. Athletes acknowledge that by entering the event they are medically fit to participate. 5. Permanent 2024 ASA license number needed or 2024 temporary license must be purchased with entry 10km, and not for 4.8km fun run. Race numbers received to be worn according to ASA rule (ASA 2024 or Temp No with the Race number). 6. Water points every 3km's, no seconding permitted. Participants can use own water bottle and fill it up at the different water points. 7. Age restriction - 10km - 16 years, 4.8km fun run - 9 years and older under full supervision of parent, guardian. 8. Wearing of age bib compulsory and must be visible. 9. ASA license numbers must be worn on front and back - Temporary license on front (10km only). 10. All winners are required to provide their ID/Driver's License/Passport. 11. Medical Support will be on site and route. 12. Distance markers every kilometre. 13. No earphones, wheelchairs, prams or animals are allowed for 10km race. WA Rule T6.3.2. 14. Participant not officially entered will be disqualified and brought to the attention of AFS for disciplinary steps to be taken. 15. International athletes need to comply to rules of ASA - entering with a certified letter from country of origin before the entry is handed in to the event organiser with a Passport copy to qualify for prizes. 16. POPI Act - Permission is granted in terms of Section 51 of the Electronic Communication Transactions Act 25 of 2002 to use the participant's (I, me, my) name, race, information photographs, video tapes, broadcast. Telecast in which the participant (I, me, my) may appear as free of charge.



# ALUMNI

## 10KM RACE & 4.8KM FUN WALK

CUT RUGBY STADIUM  
BLOEMFONTEIN CAMPUS

SATURDAY, 21 SEPTEMBER 2024

07:00 10KM (07:15 4.8KM)



20 YEARS OF THINKING BEYOND