

Free State O.R. TAMBO



Marathon

16 April 2016

ENTRY FORM

START / END :

42.2km Marathon Starts at FS Sport Science Institution
 21.1km Half Marathon Starts at FS Sport Science Institution
 10km Marathon Starts at FS Sport Science Institution
 All Finish at Dr. Molemela Stadium

STARTING TIMES

42.2km – 05h30
 21.1km – 06h00
 10km – 06h00

PRE-ENTRIES:

Entry Forms to be returned by 04 April 2016.

REGISTRATION FEES:

42.2km = R100
 21.1km = R50
 10km = R30

DISTANCE MARKERS:

Every 1km will be marked in colour codes per race.

PRIZES

42.2km Open

Place	Prize + Gold Medal for Male/Female
1	R350 000
2	R100 000
3	R90 000
4	R80 000
5	R70 000
6	R50 000
7	R30 000
8	R20 000
9	R15 000
10	R10 000

21.1km Open

Place	Prize + Gold Medal for Male/Female
1	R50 000
2	R30 000
3	R20 000
4	R15 000
5	R10 000
6	R8 000
7	R5 000
8	R3 000
9	R1 000
10	R700

10km Open

Place	Prize + Gold Medal for Male/Female
1	R10 000
2	R8 000
3	R5 000
4	R3 000
5	R1 000

ADDRESS

Free State Sport Science Institute
 4 President Brand Street,
 Oranjesig, Bloemfontein,
 9300

GPS Coordinates

Lat: S29° 7' 33.726"

Lon: E26° 12' 47.932"

Dr Rantlai Molemela Stadium

Moshoeshoe Street,
 Rocklands, Bloemfontein,
 9323

GPS Coordinates

Lat: S29° 10'27"

Lon: E26° 14'1"

CATEGORIES

Category	42.2km Marathon	21.1km Half Marathon	10 km Race
Juniors	N/A	R3 000 (Refer to rule 5)	R2 000 (Refer to rule 5)
40-49	R5 000	R3 000	R2 000
50-59	R5 000	R3 000	R2 000
60+	R5 000	R3 000	R2 000

RULES:

- Participants do not need to belong to a club to partake in any of the different distance races.
- Athletes must wear Race numbers on front.
- ASA licenses need to be worn in front and at the back.
- No advertising displayed on clothing is allowed as per IAAF and ASA advertising regulations.
- No athlete under the age of 20years may participate in the 42.2km, under 16years 21.1km and under 14years 10km road race.
- Race is presented under the rules of the IAAF, ASA and AFS.
- Traffic officials and race officials must be obeyed on the route.
- Temporary license numbers, if not belonging to an affiliated club will be available to eligible athletes at R30 for the 42.2km, 21.1km and 10km race.
- Age tag categories must be worn on front and back of vest and must be visible.
- Athletes must be in possession of an entry card at the finish. If not, the athlete will not receive a medal and will be disqualified to receive any prize money.
- Participants must participate in the age group they have entered for.
- Athletes from neighbouring countries must provide permit from respective federations.
- IAAF rules will apply in cases of doping.
- Soft drink and water will be supplied at every start and every 3km interval, then at the finishing point.
- All entries by closing date of registration (4 April 2016) will receive goodie bags.
- Cash prize recipients will receive gold medals. All other runners finishing within the cut-off time will receive silver medals.
- Cut-off times: *42.2km = 5hrs *21.1km= 3hrs *10km= 1h30 min.

ENTRY FORM Please tick the applicable event 42.2km 21.1km 10km

PRINT CLEARLY USING BLOCK LETTERS

NAME: _____ Surname: _____

Address: _____

ID No. / Passport No: _____ Age At Race Date: _____

Athletic Club: _____ License No: _____ Category: _____

Province: _____ Contact Number: _____

Emergency cell number of next of kin /family member: _____

E-mail: _____

I declare that I participate at own risk and that I indemnify the club, event organisers and sponsors of the race against any claim which may arise from my participation.

Signature: _____ Date: _____

Parent/Guardian: _____ Date: _____

DEPOSIT REGISTRATION FEE TO THE FOLLOWING BANK ACCOUNT:

Account Name: Sonaqua Events & Promotions

Bank: ABSA

Account Number: 406 532 4865

Branch Code: 632005

Account Type: Cheque Account

Reference: Participant ID Number

**Fax or Email Proof of payment and Entry form to Fax: 086 595 7782/ Email: marathon@sacr.fs.gov.za
Website: fssacr.gov.za**

Enquiries: Kagisho Moeca

Director: Operational Support

Tel: 051 – 407 3500, Email: kagisho@sacr.fs.gov.za

THE CLOSING DATE FOR REGISTRATION IS 4 APRIL 2016