



Central South Africa's **most colourful, music and fun-filled running event** hits Bloemfontein streets on the **9th of November!** The Music Marathon with OFM, hosted by Bloemfontein Achilles Running Club, features a 42.2 km, 21.1 km and 10 km race as well as 5 km fun run. Run to the beat of the '80s, '90s and '00s stations on route.

**RACE INFORMATION:**

**Download** your entry form now at ofm.co.za, enter early online at entrytime.com from 4 October 2019 until 1 November 2019 or SMS 'music' to 36636 at R1.50 per SMS for details.

**RACE REGISTRATION:**

BLOEMFONTEIN ACHILLES RUNNING CLUB - CNR ATT HORAK ST & PARFITT AVE

GPS coordinates: 29.1175° S, 26.2014° E

You can enter and collect your race number at the club from 17:30 to 20:00 on 6, 7 and 8 November 2019.

A R20 surcharge for late entries. **No entries on race day.**

The Music Marathon is an official qualifier for the 2020 Two Oceans and Comrades marathons.

**RACE START & FINISH:**

SPORTS GROUND, TEMPE MILITARY BASE BLOEMFONTEIN.

GPS coordinates: 29.0952° S, 26.1905° E

Distance markers every kilometre. Refreshment points every 3 km (Twizza & water). ER24 Medical Support on site. Medals for all finishers in the given cut-off time. Gold Medals & Prize Money for Official Category Winners for 42.2 km, 21.1 km & 10km at 11:00. Athletes with a permanent 2019 ASA number and temporary licence number will be able to participate in the 42.2 km. Temporary Licence number cost at R50 for the 21.1 km & 10 km race - this excludes the 5 km Fun Run.



**FOR QUERIES PLEASE CONTACT:**

**Beverly Olivier**  
071 895 3183  
Administrator

**Kotie Landman**  
082 457 7605  
Administrator

**Gordon van Wyk**  
083 302 2784  
Event Organiser

**Stef Young**  
071 602 3110  
Safety Officer

**Andries van Zyl**  
082 763 8752  
Technical Manager

**PROUD SPONSORS:**



# NO ENTRIES WILL BE ACCEPTED IF NOT FULLY COMPLETED & READABLE

## ENTRY FORM:

Name and Surname:

Postal Address:

Cell Number:

E-mail:

Club Name:

Licence / Temporary Number:

Gender:

Date of Birth:

Identity Number:

Age on day of Race:

Emergency Contact Number:

Citizenship - South African / Foreign:

Passport Number / Birth Certificate Number:

Choose one:



**CATEGORY:** Junior / Seniors / Masters / Masters / Masters / Walkers  
(14-19) (Snr) (40-49) (50-59) (60+)

By entering the event I undertake to be bound by the rules and regulations of the event including those of IAAF, 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 organisers of the event, all sponsors, persons and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibilities, liability or cost relating to any injury, loss of 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.

**COMPETITOR OR  
GUARDIAN SIGNATURE / UNDER 18 YEARS**

**DATE**

### RULES:

- Athletes must be members of an affiliated club to qualify as category winner.
- Club athletes dressed in club colours, must wear an official ASA 2019 Licence number on the front and back of their vest.
- Temporary number to be worn on the front of the vest.
- Age restriction: Min age 21 km 16y+. Min age 10 km is 14y.
- All marshals, traffic authorities and traffic rules must be obeyed, failing to do so may lead to disqualification.
- Environmental rule 28 - Participants must take responsibility for their actions when disposing of litter, it can lead to disqualification.
- Check points on route. (Keep left at all times) In case of an emergency report to the next water point.
- All walkers, runners participate at their own risk.
- Due to the nature of the course **no wheelchairs, prams, blades, animals, cyclist or mechanically operated devices are allowed, excluding hearing aids.**
- Age category tag must be worn on the front and back to qualify as category winner.
- **Entry form must be completed in full, if not athlete will be disqualified from the race and will not receive a Medal or Prize Money.**
- **Category winner/s MUST wear club kit at Prize Giving.**
- An emergency number of family member must be completed.
- Proof of age must be provided on race day if required. (Identity Book or Card / Passport)
- The organisers reserve the right to return any entry not in keeping with the spirit of the race.
- **All winners need to attend the prize giving, failing to comply with this will result in a forfeit of incentives.**
- The decision of the organization will be final and no correspondence will be entered into.
- Foreign athletes competing for prize money must produce a clearance certificate from their national bodies to compete in SA, handed in to the organisers before entering the race.
- Race walkers need to wear tag - W - if competing for prize money.

**The race is run according to the rules of IAAF and ASA and AFS**

### BANKING DETAILS FOR ELECTRONIC ENTRIES

OFM  
ABSA  
Account: 4061984099  
Brand Code:632005  
Reference: Name & Surname

### FOR OFFICE USE ONLY

**CASH** **ONLINE** PAYMENT METHOD



### PROUD SPONSORS:

