

RULES AND REGULATIONS

FS 10km INTER-CLUB CHAMPIONSHIPS

RACE DETAILS

[Organised by The Running Edge Road Running Club in Association with First National Bank]

PLEASE READ CAREFULLY!

RACE: FNB 10km FS INTER-CLUB CHAMPIONSHIPS [ONLY FS CLUBS]
NOT a qualifier for the National 10km Championships AFS Team

DATE: Saturday, 12 AUGUST 2023

START: 07:00 [NO LATE ENTRIES!]

VENUE: TEMPE SPORTS STADIUM, TEMPE Military Base, Furstenburg Road,
BLOEMFONTEIN (GPS Coordinates: -29.09581, 26.19506)

COST: R110 (including a Mobii Timing Band)
R50 (if you already own a Mobii Timing Band)

MANUAL ENTRIES:

Monday, 7 AUGUST 2023 @ 15:00 – 19:00 at TEMPE SPORTS STADIUM

ONLINE ENTRIES: www.therunningedge.co.za

CLOSE of ONLINE ENTRIES is Monday, 7 AUGUST 2023 @ 23:00

COLLECTION of MOBII TIMING BANDS:

Friday, 11 AUGUST @ 15:00 – 18:00 at TEMPE SPORTS STADIUM

[NO collections on Saturday 12 August]

LUCKY DRAWS: You have to be present at the race to receive a lucky draw prize!
Prize **CANNOT** be collected by someone else!

MEDICAL SERVICES: ER24 - 084 124

SECURITY: SANDF

GENERAL INFORMATION

- ONLINE ENTRIES: www.therunningedge.co.za
- ONLINE CLOSING DATE: 07 AUGUST 2023 @ 23:00
- Verification of entered athletes will be done.
- Race organisers reserve the right to accept or reject any entry.
- Special criteria for establishing the winning club will be based on participation and performance.
 - The list of registered AFS participants of a Road Running club as on 07 AUGUST 2023 per club will be used to validate.
 - The total number of registered members of the Road Running club as on 07 AUGUST 2023 will be used to validate.
- A permanent 2023 AFS licence number is **COMPULSORY** to participate in the FS 10km INTER-Club Championships (**NO temporary licences allowed**).
- It is **COMPULSORY** to belong to an AFS-registered **FREE STATE** Road Running club.
- Athletes **MUST** wear a **mobii timing band** to take part (order online on ENTRY FORM)
- Two water points on the route.
- Distance markers every kilometre; direction arrows, boards and road markings on the route.

- Parking is available, but at your OWN risk.
- Toilets, dressing rooms and showers are available.
- Gazebo areas for clubs are available, but tog bag facilities are unavailable.
- One leading vehicle for the first athlete.
- Medical services are available at the finish line and roaming the route.
- Runners must observe all Health and Safety Regulations!
- No earphones (except hearing aids), pets, prams, or any electronic devices are permitted.
- The winning club will receive a floating trophy and a personalised-branded gazebo.
- No discussion/objections related to the winning club will be allowed. The final decision will be based on the approved electronic point system.

RULES AND REGULATIONS

- The race is held under the rules of ASA and AFS.
- The race is **NOT A QUALIFIER** for the National 10km Championships AFS Team!
- ONLY Free State Road Running Clubs are allowed to participate.
- Verification of club registration and AFS licences will be done before the championships.
- Athletes indemnify the national, provincial and regional bodies, Tempe military base, sponsors, 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 their next of kin's name and contact number on the entry form.
- Licenced athletes **must wear club colours** with the **2023 AFS licence number** on the **back and front of their vest**, otherwise athletes will be disqualified and won't count towards the club points of their specific club.
- **NO Temporary Licences will be allowed.**
- No seconding is allowed, sufficient water points are provided.
- No blades, cyclists or mechanically operated devices are allowed in the race.
- Wheelchair athletes will not be permitted to participate.
- No animals/pets are allowed to participate/accompany an athlete.
- Participation age is **18 years and older.**
- No refunds will be given once an entry is purchased or if 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, 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 will disqualify persons under the influence of drugs or alcohol, who are disorderly, or who 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.
- Habitual offenders will be subjected to AFS disciplinary steps.
- Athletics FS Green Race - littering is not allowed. Make use of the recycling bins available at the water points. Athletes can be disqualified if they litter.
- Cut-off time for the 10km is **2hrs.**
- No late starters will be allowed (later than 5mins from the group start time).
- Officials and volunteers must be obeyed at all times!
- All participants must adhere to the Health and Safety Regulations.

EVENT ORGANISER: [Chenelle Roux](#) – 0828886672

TECHNICAL OFFICIAL: [David Koloane](#) - 0838575589

SAFETY OFFICER: [Japie Victor](#) – 0833818271

ENTRIES: [Ronel Erasmus](#) - 0833476325