

60th

Coca-Cola®

Allan Ferguson Round Naval Hill

4Km & 10Km

12 September 2009 @ 07h00

Hamiltonpark, Aliwal Str, Navalsig



Navrae / Enquiries:

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60th Allan Ferguson Round Naval Hill

Algemene inligting:

1. Plek: **Hamilton Park, Aliwalstr, Navalsig**
2. Wegspringtyd:
10Km **07h00**; 4Km Fun Run/Walk **07h15**
3. **Vooraf-inskrywings:**
Ma 17 Aug - Vry 11 Sep 2009 (uitgesl. aanlyn)
10Km **R25**; 4Km Fun Run/Walk **R15**
Tydelike lisensie vir 10Km: **R15**
Aanlyn inskrywings sluit Maandag 07 Sep 2009
4. **Laat inskrywings:**
Saterdag 12 Sep 2009 vanaf 6 vm
10Km **R25**; 4Km Fun Run/Walk **R15**
Tydelike lisensie vir 10Km: **R15**
5. **Inskrywings:**
Nedbank Bloemfontein Achilles Klubhuis
Att Horak laan, Bloemfontein:
Kantoor ure: Ma tot Do 17h00-19h00
Vrydag 11 September: 17h00-20h00
Aanlyn by **www.entrytime.co.za**
Vanaf 06h00 die oggend by die wegspring
6. Tydsbeperking: 10Km **2:00**; 4Km **geen**
7. Roete: Sirkel roete om Naval Hill
8. Afstandborde - elke kilometer
9. Verversingstafels - elke 3 kilometer
10. Toilette beskikbaar by begin/eindpunt
11. Noodhulp beskikbaar
12. Gratis Coke by eindpunt vir alle atlete
13. Prysuitdeling: 09h30
14. Verversings beskikbaar by eindpunt
15. Stappers en rolstoele is welkom

General information:

1. Venue: **Hamilton Park, Aliwal Str, Navalsig**
2. Starting time:
10Km **07h00**; 4Km Fun Run/Walk **07h15**
3. **Pre-entries:**
Mon 17 Aug - Fri 11 Sep 2009 (excl. online)
10Km **R25**; 4Km Fun Run/Walk **R15**
Temporary licence for 10Km: **R15**
Online entries close Monday 07 Sep 2009
4. **Late entries:**
Saturday 12 Sep 2009 from 6 am
10Km **R25**; 4Km Fun Run/Walk **R15**
Temporary licence for 10Km: **R15**
5. **Entries:**
Nedbank Bloemfontein Achilles Clubhouse
Att Horak Avenue, Bloemfontein:
Office hours: Mon to Thu 17h00-19h00
Friday 11 September: 17h00-20h00
Online at **www.entrytime.co.za**
From 06h00 the morning at the start
6. Time Limit: 10Km **2:00**; 4Km **none**
7. Route: Circle route round Naval Hill
8. Distance markers - every kilometer
9. Refreshment tables - every 3 kilometer
10. Toilets available at start/finish
11. First aid available
12. Free Coke at finish for all participants
13. Prize giving: 09h30
14. Refreshments available at finish
15. Walkers and wheelchairs welcome

Reëls:

1. Deelnemers moet 'n 2009 lisensienommer dra voor en agter op frokkie OF 'n tydelike lisensienommer agterop frokkie
2. Geen helpers word langs die roete toegelaat.
3. Geen advertensie toegelaat op hardloopte.
4. Deelnemers aan die 10Km moet 15 jaar of ouer wees op die dag van die wedloop.
5. Alle reëls van ASA en AV geld.
6. Wedloopbeamptes en verkeersbeamptes moet ten alle tye gehoorsaam word.
7. Ouderdomskategorie kentekens moet voor en agter op frokkie gedra word om te kwalifiseer vir pryse vir ouderdomsgroepe.
8. Atlete wat nie in besit is van 'n inskrywingskaartjie by die eindpunt sal diskwalifiseer word.

Rules:

1. Athletes must wear a 2009 licence number on front and back of vest OR a temporary licence on back of vest.
2. No seconding allowed along the route.
3. No advertising allowed on running clothing.
4. Athletes participating in the 10Km must be 15 years or older on race day.
5. All rules of ASA and AFS apply.
6. Traffic officials and race officials must be obeyed at all times.
7. Age category tokens must be worn on front and back of vest to qualify for age category prizes.
8. Athletes must have an entry card at the finish. If not, athletes will be disqualified.

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10Km - Pryse / Prizes:

Ope / Open (alle ouderdomme / all ages):

| | Mans / Men | | Dames / Women | |
|---|-----------------------|-------------|-----------------------|-------------|
| Eerste / First | R 1,000 | Goud - Gold | R 1,000 | Goud - Gold |
| Tweede / Second | R 500 | Goud - Gold | R 500 | Goud - Gold |
| Derde / Third | R 300 | Goud - Gold | R 300 | Goud - Gold |
| Vierde / Fourth | R 200 | Goud - Gold | R 200 | Goud - Gold |
| Vyfde / Fifth | R 100 | Goud - Gold | R 100 | Goud - Gold |
| Spanne / Teams (gekombineerde tyd / combined time): | R 50 x 4 | Goud - Gold | R 50 x 4 | Goud - Gold |
| Rolstoele / Wheelchairs: | R 100 | Goud - Gold | R 100 | Goud - Gold |
| Oudste deelnemer / Oldest finisher | Allan Ferguson trofee | | Allan Ferguson trophy | |

Ouderdomskategorieë / Age categories:

| | | | | |
|------------------------------------|-------|-------------|-------|-------------|
| Juniors (15-19) | R 100 | Goud - Gold | R 100 | Goud - Gold |
| Veterane / Veterans (40-49) | R 100 | Goud - Gold | R 100 | Goud - Gold |
| Meesters / Masters (50-59) | R 100 | Goud - Gold | R 100 | Goud - Gold |
| Grootmeesters / Grandmasters (60+) | R 100 | Goud - Gold | R 100 | Goud - Gold |

Alle wenners moet ID dokument op aanvraag kan vertoon. / All winners must be able to present ID document on request.

Gelukspryse! / Lucky draw prizes!

Medaljes / Medals:

| | |
|-----------------|--|
| Silwer / Silver | Eerste 100 atlete / First 100 athletes |
| Brons / Bronze | Alle voltooiers binne 2:00 / All finishers within 2:00 |

Nota: Medaljes vir eerste 300 atlete, res sal gepos word. / Note: Medals for first 300 athletes, rest will be mailed.

Skole kompetisie / Schools challenge:

| | | | | |
|---|----------|-------------|----------|-------------|
| Eerste / First | R 300 | Goud - Gold | R 300 | Goud - Gold |
| Tweede / Second | R 200 | Goud - Gold | R 200 | Goud - Gold |
| Derde / Third | R 100 | Goud - Gold | R 100 | Goud - Gold |
| Spanne / Teams (gekombineerde tyd / combined time): | R 50 x 4 | Goud - Gold | R 50 x 4 | Goud - Gold |

10Km skole kompetisie **SLEGS** oop vir leerders, ouers, onderwysers and ander personeel wie **15 JAAR EN OUER** is.

10Km schools challenge open **ONLY** to learners, parents, teachers and other school employees who are **15 YEARS OR OLDER**.

4Km - Pryse / Prizes:

Brons medaljes vir alle atlete. / Bronze medals for all athletes.

Gelukspryse! / Lucky draw prizes!

Schools challenge / Skole kompetisie:

| | |
|-----------------|--------------------------|
| Eerste / First | Trofee + Coke toerusting |
| Tweede / Second | Trophy + Coke equipment |
| Derde / Third | Trofee |

4Km trofee vir skole met grootste aantal inskrywings - deelname oop vir ALLE leerders, ouers, onderwysers and ander personeel.
Coke toerusting sal slegs toegeken word indien 30 of meer deelnemers ingeskryf het vir die betrokke skool.

4Km trophies are for schools with largest number of entries - open to ALL learners, parents, teachers and other school employees.
Coke equipment will only be awarded if 30 or more participants entered for the particular school.

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Inskrywingsvorm / Entry form

| | | | | | | | | | | | | |
|--|-------------------------|----------------------|----------------------------|----------------------|--|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Naam / Name: | <input type="text"/> | | | | | | | | | | | |
| Van / Surname: | <input type="text"/> | | | | | | | | | | | |
| Geslag / Sex: | | | | | | | | | | | M | F |
| ID nommer / ID number: | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Age / Ouderdom: | <input type="text"/> | <input type="text"/> | Posadres / Postal address: | | | | | | | | | |
| | | | <input type="text"/> | | | | | | | | | |
| Sel nommer / Cell number: | <input type="text"/> | | | | | | | | | | | |
| Epos / Email: | <input type="text"/> | | | | | | | | | | | |
| Skole kompetisie inskrywing / Schools challenge entry: | | | | | | | | | | | Y | N |
| Klub of Skool / Club or School: | <input type="text"/> | | | | | | | | | | | |
| ASA lisensie nommer / ASA licence number: | | | | | | | | | | | <input type="text"/> | <input type="text"/> |
| Provinsie / Province: | <input type="text"/> | | | | | | | | | | | |
| Afstand / Distance: | | | | | | | | | | | 4Km | 10Km |
| Betaling / Payment: | Inskrywing / Entry: | | | | Tydelike lisensie / Temporary licence: | | | | Totaal / Total: | | | |
| | 4Km = R15 10Km = R25 | | | | R15 (10Km only) | | | | | | | |

VRYWARING: Ek verklaar dat ek 'n amateur is en dat ek op eie risiko aan die wedloop deelneem en ASA, AVS, die organiseerders en borge vrywaar van enige eis wat uit my deelname mag voortspruit.

INDEMNITY: I declare that I am an amateur and that I shall participate in the race at my own risk and that I shall exonerate ASA, AFS, the organisers or sponsors from any liability that may arise from my participation.

Deelnemer se Handtekening / Participant's Signature:

Ouer se Handtekening / Parent's Signature:

[Indien < 18 jaar / If < 18 years]