



SATURDAY 4 JUNE 2022

2022 RACE INFORMATION

IBL SWASAP 4-in-1

52KM | 7H00 | R250

21.1KM | 7H15 | R180

10KM | 7H30 | R120

5KM | 7H45 | R60



Venue: Bloemfontein Achilles Club, c/o Att Horak Street and Parfitt Avenue, Bloemfontein, Free State
GPS: Lat: -29.118211 Long: 26.206680
Start and finish for all distances in Att Horak Street

Entries, Registrations, Payments and Number Collection:

Online: <http://www.peaktiming.co.za>

Manual Pre-Entry: Every Wednesday evening at Achilles Running Club from 10 May 2022 (17h30 - 18h30) or email form to bloemachilles@gmail.com with proof of payment












Final Entry: 1st to 3rd June at Achilles Running Club (17h30 - 20h00)
Card facilities will be available

EFT Details: Nedbank 1662087764, Branch Code 166234
Use reference: Name, Surname and Distance, e.g. Wayne Beelders 21km

Number Collections: 1st to 3rd June at Achilles Running Club (17h30 - 20h00)
Saturday before the race - only for online or pre-entries (i.e no registrations on race day)



General Information

-  Permanent 2022 ASA licence number needed or 2022 Temporary licence must be purchased with entry for 52km, 21.1km and 10km
-  Every finisher will receive a medal; waterpoints every 3km's; Circle routes
-  Wearing of age bib compulsory and must be visible, ASA licence numbers must be worn on front and back, temporary licence on front, timing chip must be worn on shoe
-  All winners must show ID/Driver's License/Passport if requested
-  ER24 Medical Support on site
-  Distance markers every kilometre
-  Cut-off times: 52km - 6h30m, 21.1km - 3hrs, 10km - 2hrs and 5km - 1hr
-  All WA, ASA and AFS Road Race rules will apply on race day
-  Runners must observe all current Covid protocols
-  No earphones or animals are allowed
-  More information and race updates at <https://www.facebook.com/bloemachilles>



Prizes and Prize-giving

Prize-giving: For 52km at 12h00 and for 21.1km and 10km at 10h00

Prizes: Gold, Silver and Bronze medal for 1st, 2nd and 3rd place overall for 52km, 21.1km and 10km (male and female)

52km's 1st Prize - R2,000; 2nd Prize - R1,500; 3rd Prize - R1,000 (overall ,male and female)

21km's 1st Prize - R1,250; 2nd Prize - R1,000; 3rd Prize - R750 (overall ,male and female)

10km's 1st Prize - R1,000; 2nd Prize - R750; 3rd Prize - R500 (overall ,male and female)

Prize money only for registered athletes

Contact Details

Event Organiser: Wayne Beelders 082 440 4229

Technical Official: Johan Landman 082 457 7605

Safety Officer: Andries van Zyl 082 763 8752

CHIPOTIMER



RUN UNTIL SUCCESS HAPPENS