



MEDICLINIC WELKOM VISTA
ESKOM ATHLETICS CLUB FS



ENTRY FORM

DATE: 22 AUG 2026

RACE	START TIME	RACE	FINISH TIME	PRIZE GIVING	WRITE THE AMOUNT	
					1. ENTRY FEE	2. WRITE THE AMOUNT
1	11h00	OPEN ROAD MILE - 1.6KM - ASA LICENSE BOYS 11 YEARS TO 15 YEARS	11h20	11h50	R50	R _____
2	11h20	OPEN ROAD MILE - 1.6KM - ASA LICENSE GIRLS 11 YEARS TO 15 YEARS	11h40	11h50	R50	R _____
3	11h40	OPEN ROAD MILE - 1.6KM FUN RUN, WALK - BOYS 9 YEARS TO 15	12h00	12h05	R40	R _____
4	11h45	OPEN ROAD MILE - 1.6KM FUN RUN, WALK - GIRLS 9 YEARS TO 15	12h10	12h05	R40	R _____
5	11h50	OPEN ROAD MILE - 1.6KM - MASTERS 60+ YEARS FUN RUN, WALK - MEN & WOMEN	12h20	12h35	R60	R _____
6	11h50	OPEN ROAD MILE - 1.6KM WHEELCHAIR, DISABILITY PERSON ONLY 9 YEARS AND OLDER - INDIVIDUAL OR SUPPORT	12h20	12h35	R40	R _____
7	12h00	KIDS DASH, WALK - 100M 4 YEARS TO 8 YEARS BOYS & GIRLS	12h20	12h35	R40	R _____
8	12h30	5KM FUN RUN, WALK ONLY FOR WOMEN 13 YEARS AND OLDER	14h30	13h15	R80	R _____
9	13h30	OPEN 10KM - 17 YEARS AND OLDER - Men & Women INCLUDE TEMP NO.	16h00	15h15	REG R120 NON REG R170 INCLUDE R50 TEMP NO	R _____
10	14h00	OPEN 5KM - 16 YEARS AND OLDER - Men & Women INCLUDE TEMP NO.	16h00	14h45	REG R80 NON REG R130 INCLUDE R50 TEMP NO	R _____

Lucky Draw Prizes at 14h30

All finishers will receive a tag at the finish line. Lucky Draw Prizes Races 1, 2, 5, 6, 7, 8 & 10.
Race 3 & 4: Gift Voucher & Trophy. Race 9 & 10: Prize Money & Trophy.
Prizing at the Podium (Mediclinic Main Entrance)



MEDICLINIC WELKOM VISTA
ESKOM ATHLETICS CLUB FS



22 SAT 2026



ONLINE ENTRIES OPEN 7 JULY

Enter online by scanning the QR code above or visit

www.entryninja.com

Online entries close on Thurs 21 Aug 2026

Collections at Virgin Active Welkom

Thurs 20 Aug, Fri 21 Aug : 13h00 - 18h00 /

Sat 22 Aug : From 07:30

Request Club / group / individual entry form:

jduplessis@polka.co.za /

jegardiduplessis@gmail.com

A copy of your proof of payment will be required

MANUAL PRE ENTRIES OPEN

Registrations & Collections:

Virgin Active Welkom

Cnr Meulen Street and Long Road

(Welkom Square)

Thursday & Friday

20 - 21 August 2026

13H00 up to 18H00

LATE ENTRIES Sat 22 AUG 2026

From 07:30 at Virgin Active Welkom

Race Director:	Hilde du Plessis	072 499 2602
Safety Officer:	Johan du Plessis	082 059 6846
Bradley Wheeler:		079 919 8448
Race Technical Official:	Dawie Meuter	060 378 2291
Medical Services Provider:	ER24	082 909 0382
Infrastructure Officer:	Sello Ramotshabi	083 347 3301
MEDICLINIC WELKOM:		057 916 5138 / 5352

TERMS, CONDITIONS, ASA AND AFS RULES AND REGULATIONS APPLY.

START /FINISH: MEDICLINIC, MEULEN STREET, WELKOM

		PRIZE MONEY			
		(Open 5km)			
		1.	2.	3.	
1	11h00	OPEN ROAD MILE - 1.6KM - ASA LICENSE BOYS 11 YEARS TO 15 YEARS	R50		
2	11h20	OPEN ROAD MILE - 1.6KM - ASA LICENSE GIRLS 11 YEARS TO 15 YEARS	R50		
3	11h40	OPEN ROAD MILE - 1.6KM FUN RUN, WALK - BOYS 9 YEARS TO 15	R40		
4	11h45	OPEN ROAD MILE - 1.6KM FUN RUN, WALK - GIRLS 9 YEARS TO 15	R40		
5	11h50	OPEN ROAD MILE - 1.6KM - MASTERS 60+ YEARS FUN RUN, WALK - MEN & WOMEN	R60		
6	11h50	OPEN ROAD MILE - 1.6KM WHEELCHAIR, DISABILITY PERSON ONLY 9 YEARS AND OLDER - INDIVIDUAL OR SUPPORT	R40		
7	12h00	KIDS DASH, WALK - 100M 4 YEARS TO 8 YEARS BOYS & GIRLS	R40		
8	12h30	5KM FUN RUN, WALK ONLY FOR WOMEN 13 YEARS AND OLDER	R80		
9	13h30	OPEN 10KM - 17 YEARS AND OLDER - MEN & WOMEN INCLUDE TEMP NO.	REG ATHLETE NON REGISTER R120 R170		
10	14h00	OPEN 5KM - 16 YEARS AND OLDER - MEN & WOMEN INCLUDE TEMP NO.	REG ATHLETE NON REGISTER R80 R130		

GIVING BACK AND SPREADING AWARENESS



Enquiries - Contact (WhatsApp) 072 499 2602 or 057 357 1335/6

Keep an eye on the Vista Novus Newspaper's Website / Facebook Page - On Updates and Prizes





2026

MEDICLINIC WELKOM VISTA
ESKOM ATHLETICS CLUB FS



TERMS, CONDITIONS, RULES & REGULATIONS

A. GENERAL INFORMATION

1. This is a road running race presented by Eskom Athletics Club Free State.
2. This event take place on Saturday 22 Aug 2026. The event starts and finishes at Mediclinic, Meulen Street, Welkom, Free State.
3. Route map(s) will be available at the entry points and start of the race. Distance markers will be placed on the route at 1km intervals.
4. Road Closure: Saturday 22 Aug from 06:30 until 17:00. Road closure according to the different routes and distances.
5. Parking: Do not use the hospital parking area. There is sufficient parking space surrounding Mediclinic. Parking is at own risk.
6. Sufficient portable toilets provided at Mediclinic and Welkom Square. No dressing rooms and shower facilities available.
7. No tag bag area and no club tents and gazebo space available.
8. No food stalls or refreshments available at event. Please support the businesses, service stations, and food courts in and around Welkom Square and Mediclinic.
9. Different vehicles (3 leading cars) will be used for different races for assistance, control and safety. Medical support provided by ER24.
10. Water Tables serve Water sachets & Cold drinks. Alcohol Prohibited at event.
11. Medals are handed out to finishers upon completing the race at the finish line in time.
12. The event will comply with the Health and Safety regulations that may apply at the time of the event.
13. Sponsors listed for this event will not be interpreted as an entitlement for any participant to insist on free, discounted, or preferential treatment pertaining to the products and services offered by the sponsors.
14. No Seeding - Qualifying Event - Open 1.6km, 5km, 10km Men and Women

B. RACE RULES

1. The race is held under the rules of ASA and AFS.
2. Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
3. Obey all marshal, traffic, authorities and rules. Breach of any regulations or requirements may lead to disqualification. The Technical Official, Delegate & Safety Officer has the final decision in this regard
4. All athletes participate at their own risk and acknowledge that they are medically fit and equipped to safely participate in this event. In case of an emergency report to the next water point on the route. At the finishing line an identified area will be demarcated for evacuation.
5. No vehicles allowed on the course. No seeding. Water points Sufficient.
6. No prams, blades, animals, cyclist or mechanically operated devices allowed. Wheelchairs allowed only in mile / 1.6km wheelchair disabled fun race.
7. Medals will only be handed out to participants in possession of a fully completed entry ticket / race no.
8. Littering is not allowed. Athletes are to dispose of any litter in appropriate bins. Intentional littering and littering in non-designated areas may lead to disqualification. AFS Clean run.
9. No Medals or prizes for finishes after the Cut-Off / Finish time. No athletes will be allowed to start late.
10. This event offers a ASA Certified 1.6 / mile, 5km and 10km route.
11. Wearing of earphones, headsets and similar devices is not permitted. Prescribed hearing aids are allowed.
12. Due To The Tar Route Used, Barefeet Running Will Not Be Allowed

C. TIMING AND RESULTS

1. Only the open 1.6km, open 5km, open 10km will receive official results
2. Official race results will be published within 48 hours.
3. Results will be available at

Link – results.finitime.co.za

Vista Keep an eye on the Vista Newspaper's website and Facebook page for the latest updates and news about this event.

D. ENTRIES - VIRGIN ACTIVE WELKOM

1. Online Pre entries and manual (individual and club / groups) entries will be accepted.
2. Online Pre Entries open 7 July 2026 / Online entries close on Thu 20 Aug 2026
3. Manual Pre Entries open 20 & 21 Aug 2026 13h00-18h00 / Late Entries Sat 22 Aug 2026 from 07h30
3. Online Pre Entries can be collected at Virgin Active, Welkom on Thurs 20th August & Fri 21st Aug (13:00 - 18:00) / Sat 22 Aug from 07:30.
4. Entries: Online and Manual for Individual, Group 2 or more, Teams, Businesses, Schools, Sport Clubs, Employers, Employees.
5. A copy of your proof of payment will be required.
6. Strictly no refunds. Entries are not transferrable or deferrable unless otherwise announced.
7. In the event that the race is cancelled due to reason outside the organisers control the event entry fees will not be refundable.
8. Incomplete or incorrectly completed entries and entries not fully paid will be rejected.
9. The event organiser retains the right to refuse entry to persons under the influence of drugs or alcohol, who are disorderly, display inappropriate behaviour, vandalise property, or evade paying for admission.
10. Athletes who duplicate race numbers or participate without buying a race entry will be disqualified, dissociated from the event, and held liable for a double entry fee charge and / or disciplinary action.

E. LICENSES, RACE NUMBERS AND DRESS CODE

1. ASA Licensed athletes must wear club colours and a valid 2026 licence number on the front and back of the vest. (Only Open 1.6km, Open 5km and Open 10km race applicable).
2. International athletes are subjected to ASA rules and must be in possession of a clearance certificate and passport prior to entering / participation.
3. The race number needs to be pinned and visible on the front of the vest. ASA rule apply and may not cover the ASA logos on the ASA license. Age category tags are compulsory.
4. An athlete may not run with another athlete's race number. No transfer of race numbers.
5. All athletes have to complete in full - Race number, Temp No, Entry ticket and Entry form. Participants with incomplete information will not be considered for prizes.
6. Temporary Licences have to be pinned on the back of the vest. Clothing to be worn must be neutral of colour. (Only Open 5km, Open 10km race applicable).
7. In support of the theme / Slogan "Strive with Pride" Participants may contribute by Giving Back and Spreading Awareness for (CANSAS); (CHARLOTTE MOLL HAVEN); (SANBS) and (ENGSO).

F. PRIZES & AWARDS

1. All prize winners of the Open 1.6km, Open 5km, Open 10km race will be requested to show proof of an identity (ID book, passport, drivers license or a birth certificate).
2. Prize money to be paid at the event.
3. SAIDS - Rules applicable.
4. Announce: Prize giving 14:30 - 16:00 Award 4 trophies, (1) for the Sport Club / (1) for the School, (1) For Higher Education / (1) for Business Teams (Criteria - The Best Spirit, The Best Supported, The Best Dressed - Sportswear / Corporate Attire).
5. Winners must be present for prize giving.
6. Prizes will be rewarded for the following:
 - 6.1 Medals for all finishers in time.
 - 6.2 **Fun Runs** 1.6km / 1 mile, 100m, 5km for Women Only Lucky Draw prizes (Position in race)
 - 6.3 **Open 1.6km/1 Mile** top 3 Boys and Girls Gift Voucher and Trophies
 - 6.4 **Open 5km and Open 10km** Men & Women/Snr/Jnr - Age Group Category 40+, 50+, 60+ Prize Money and Trophy
 - 6.5 **Fastest : A challenge for Time.**
7. **Only who completes the race wearing club colours win an additional R300 (Men & Women)**
 - Open 5km men only Pos 1 on results (sub 15min)
 - Open 5km women only Pos 1 on results (sub 19min)
 - Open 10km men only Pos 1 on results (sub 30min)
 - Open 10km women only Pos 1 on results (sub 37min)
7. Lucky Draw Prize Eligible for: Pre enter Online, Pre enter 10km
8. Participant of the race are motivated to submit a photograph or video 30sec, as an individual or Teams or Groups (Two or More), Share (Strive With Pride) WhatsApp to cell no 072 054 3658 / 072 499 2602 (POPIA) Media VISTA
9. Trophy for Best 3 Waterpoints Embracing the 24th Anniversary Celebration -Strive with Pride. The Best Spirit, The Best Supported, The Best Dressed - Sportswear /Corporate Attire).

RACE / BIB NUMBER:

TEMP LICENSE NUMBER:



2026

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ESKOM ATHLETICS CLUB FS



ENTRY FORM - COMPLETE IN FULL

NAME:				SURNAME:			
PHYSICAL ADDRESS:							
E-MAIL ADDRESS:				CELL NO.:			
ID NUMBER: OR PASSPORT NO.				BIRTH DATE:			
GENDER:	☐ Male	☐ Female	RACE CATEGORY: JUNIOR / SENIOR / MASTER			AGE: ON RACE DAY	
☐ SOUTH AFRICAN CITIZEN	☐ INTERNATIONAL ATHLETE	PROVINCE:					
CLUB NAME: SCHOOL / BUSINESS / ORGANISATION:				ASA: LICENSE NO.			
EMERGENCY: CONTACT PERSON:				EMERGENCY: CONTACT NUMBER:			

Consent, Indemnity & Waiver

The information I supplied is true and correct, by entering the event I understand to be bound by the rules and regulations of the event including those of ASA and AFS. I warrant that I am in a in good health and aware of the risk and endanger of physical nature of the sporting event, and do not claim ignorance of these risk and dangers. I hereby accept that I participate in the event entirely at my own risk and I release an discharge, to the fullest extend allowed in law, the organiser of the event, provincial and national athletic bodies and all local authorities from the responsibility, liability or costs relation to any in injury, loss of damage of whatever nature, 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 activity. Permission is granted in terms of section 51 of the electronic communication transactions act 25 of 2002, to use your name, race information, photographs, video tapes, broadcasts, telecast in which you may appear as free of charge (Popy act). Minor release (18 years and younger), the minor's parents and/or legal guardian, understand the nature of athletics activity and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this indemnity /waiver on behalf of. By signing this waiver I acknowledge that I have read and accept the indemnity above.

Signatures

- **NAME & SURNAME (ATHLETE):** _____
- **SIGNATURE:** _____ **DATE:** _____
- **NAME & SURNAME (PARENT / LEGAL GUARDIAN):** _____
- **SIGNATURE:** _____ **DATE:** _____