

**23 SEPTEMBER 2023 / 07H00**

VENUE: CHRISTIAN FAMILY CHURCH,  
CNR ATLAS RD &, SILVER WINGS BLVD,  
PARKHAVEN, BOKSBURG

PROUDLY SUPPORTING



**RUN FOR A CAUSE**

**JOIN US THIS HERITAGE WEEKEND**

**RUNNING SHOES**  
GIVEAWAY  
TO THE VALUE OF  
**R2 500**

**NEW ROUTES!**

SIGNIFICANCE

# Gather



**FREE T-SHIRT**  
WHILE STOCKS LAST

**5K/10K  
RUN/WALK**

**KEMPTON**



**R180  
5KM/10KM**

ENTER ONLINE AT  
[WWW.QUICKET.CO.ZA](http://WWW.QUICKET.CO.ZA) /  
VIA THE CFC APP



**SCAN QR CODE  
TO GET YOUR ENTRIES**



ONLINE ENTRIES OPEN ON THE 16<sup>TH</sup> OF JULY  
CLOSE ON THE 17<sup>TH</sup> OF SEPTEMBER



# SIGNIFICANCE MOVEMENT



## Founder of Significance

**DR. BEVERLY WOLMARANS**

“ MY NAME IS BEVERLEY WOLMARANS AND I AM A DEVOTED WIFE, MOTHER AND NANA. I AM ALSO A MOTIVATOR BECAUSE OF MY MOTHER, SHEILA PALMER, WHO WAS A HIGHLY MOTIVATED BUSINESSWOMAN, MY ROLE MODEL AND MY MENTOR.

BECAUSE OF THOSE VALUES IMPARTED BY MY MOM, MY LIFE HAS NOW BECOME DEDICATED TO EMPOWERING WOMEN, LOVING THEM AND HELPING THEM BECOME ALL GOD HAS PLANNED THEM TO BE.

I AM DRIVEN TO MAKE WOMEN FEEL WONDERFUL ABOUT THEMSELVES. I WANT ALL WOMEN TO KNOW THEY ARE SIGNIFICANT.



# SIGNIFICANCE MOVEMENT

## Our Mission

*SIGNIFICANCE IS A UNITED MOVEMENT TO ENABLE WOMEN THROUGHOUT THE WORLD TO FULFILL THEIR GOD- GIVEN DESTINY THROUGH CONFERENCES, MEETINGS, EVENTS, AND LIVING LIFE GROUPS THAT EMPHASIZE THE PROMISES OF GOD'S WORD.*



## Our Vision

*TO BE A GLOBAL MOVEMENT UPLIFTING, EMPOWERING AND ENCOURAGING WOMEN ACCORDING TO GOD'S WORD THAT WE MAY ALL WALK IN HIS FREEDOM AND JOY TO BE A VOICE FOR ORPHANS AND ABUSED WOMEN.*



# HALL OF FAME (PAST RACES)

CELEBRATING

5 YEARS!



## Race Rules 2023

1. The event is held under the rules of ASA and CGA and any regulations in place on the day of the race. It is the athlete's responsibility to familiarise themselves with the rules and regulations.
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. All athletes participate at their own risk. Athletes acknowledge by entering the event that they are medically fit to participate.
4. Licenced athletes participating in the 10 km distance must wear club colours and their 2023 licence number back and front, on the upper body of the garment and the issued race number worn on the front of vest without concealing the sponsors names. Licenced athletes who do not wear their 2023 licence numbers must purchase a temporary licence on the day or face disqualification.
5. Temporary licenced athletes to wear plain clothing with the issued temporary licence on the back of their vest.
6. Athletes competing for category prizes must wear clearly visible age tags of the appropriate size, on the back and front of their running vest.
7. Walkers competing for Walkers prizes (if any) must wear Walker tags on the front and back of their running vest and adhere to WA rule 230.
8. No blades, cyclists or mechanically operated devices allowed in the race
9. No 2, 3 or 4 wheel carts/prams which are mechanically or manually operated by participants, or wheelchairs athletes will be permitted to participate without special permission from the race organiser. All such participants MUST start at the back of the field.
10. No animals/pets are allowed to participate.
11. Minimum age 9 years (5km), 14 years (10km) to be eligible for prizes.
12. All instructions from traffic and race officials must be obeyed at all times.
13. The race committee reserves the right to accept or reject any entry.
14. No seconding allowed.
15. Waterpoints / hydration stations will be available.
16. Proof of age for prize winners may be required and must be presented to the referees before prizegiving if requested.
17. Only those who have completed all the information required in the race entry/number are eligible for prizes.
18. No refunds of race entry fees.
19. No earphones, iPods and the like allowed and contravention of IAAF rule 144.2b, may lead to disqualification.
20. The race will be timed by CHAMBERLAIN'S TIMEKEEPING. Each athlete will be given a race number with disposable CHIP on the front your race number. - NO RACE NUMBER - NO PRIZE.
21. Athletes may not run with another athlete's race number unless they have done substitution which will be granted through a formal process informed by the race organiser.
22. Licenced athletes not wearing club colours may face disqualification.

### ENTER

Enter online [www.quicket.co.za/events/significance](http://www.quicket.co.za/events/significance) from 16 July 2023 to 17 September at midnight.

### MANUAL CASH ENTRIES

at the venue during office hours  
Monday to Thursday from reception

### RACE DAY ENTRIES

at the venue from 05h30 to 07h00  
Limited T-Shirt stock availability

### RACE PACK COLLECTION

from the venue on 22 September from 12h00 to 19h00 and  
on race day from 05h30 to 07h00

### ENTRY FEES - Excluding temp licences

5KM – R180 10KM – R180

### Temporary licences required for 10km race only -

**R60 for non ASA registered athletes**

**RACE TIMING AND RESULTS** - 10km race will be timed by Chamberlain's Timekeepers powered by FinishTime using a timing chip attached to the participant's race number. 10km race from gun to mat. Results will be available on <https://raceresults.co.za/>

**RACE SUPPORT AND FACILITIES** - Parking space will be available at the venue

**PRIZE GIVING TIME** - 9am

## PRIZE MONEY

### 10KM RACE

Category	Gender	Place	10km	10km Walkers
OPEN	M & F	1	R500	R500
	M & F	2	R400	R400
	M & F	3	R300	R300
VETERAN (40-49)	M & F	1	R300	R300
	M & F	2	R200	R200
	M & F	3	R100	R100
MASTER (50-59)	M & F	1	R300	R300
	M & F	2	R200	R200
	M & F	3	R100	R100
GRAND MASTER (60+)	M & F	1	R300	R300
	M & F	2	R200	R200
	M & F	3	R100	R100

## 5KM FUN RUN

### SPOT PRIZES

### FOR MORE ENQUIRIES CONTACT :

Christine at [significance@cfcsa.co.za](mailto:significance@cfcsa.co.za) or  
011-2309300 during office hours  
Monday to Thursday



## 5K MAP & ROUTE DESCRIPTION



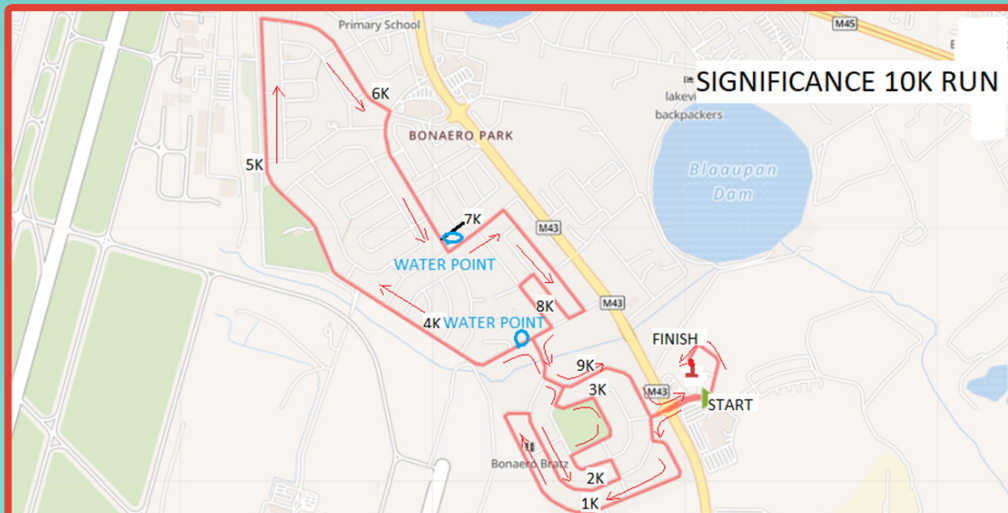
*START WILL BE THE SAME AS 10 KM AND RUNNERS WILL BE FACING WESTERN DIRECTION. THEN TURN LEFT INTO FOREL STREET.*

- *TURN LEFT INTO PALING STREET*
- *TURN RIGHT INTO CARP ROAD,*
- *TURN RIGHT INTO KURPER STREET*
- *TURN RIGHT INTO CARP ROAD*

- *TURN LEFT INTO PALING STREET*
- *TURN LEFT INTO FOREL STREET*
- *TURN RIGHT INTO BARBELL ROAD*
- *TURN LEFT INTO FOREL STREET*
- *TURN LEFT INTO CARP RD*
- *PROCEED RIGHT WITH CARP ROAD*
- *TURN LEFT INTO BASS ROAD PASS ATLAS ROAD*
- *BASS ROAD BECOMES SILVER WINGS BLVD*
- *TURN LEFT INTO CLARE STREET*
- *TURN LEFT INTO PARKING AREA*
- *RUNNERS WILL PROCEED THROUGH SERVICE ROAD TO THE FINISH*
- *FINISH WILL BE LOCATED 1 METERS FROM PL NO # 2 METERS FROM THE STOP SIGN.*



# 10K MAP & ROUTE DESCRIPTION



**START WILL BE THE LOCATED IN-LINE WITH DIRECTION SIGN, 6 METERS FROM PEDESTRIAN CROSSING SIGN AT SILVER WINGS BLVD. RUNNERS WILL BE FACING WESTERN DIRECTION AND PASS ATLAS ROAD.**

- THEN SILVER WINGS BLVD BECOMES BASS ROAD
- TURN LEFT INTO CARP ROAD,
- TURN LEFT INTO KURPER STREET
- TURN RIGHT INTO CARP ROAD
- TURN LEFT INTO PALING STREET
- TURN LEFT INTO FOREL STREET
- TURN RIGHT INTO BARBEL ROAD
- TURN LEFT INTO FOREL STREET
- TURN LEFT INTO CARP RD
- PROCEED RIGHT WITH CARP ROAD
- TURN LEFT INTO DEARAAD STREET
- DEARAAD STREET BECOMES BAENARO DRIVE
- TURN RIGHT INTO JBM HERTZOG ROAD
- TURN RIGHT INTO LOUIS BOTHA ROAD
- TURN LEFT INTO MARCO POLO ROAD
- TURN RIGHT INTO O'HARE AVE
- TURN RIGHT INTO DEARAAD STREET
- TURN RIGHT INTO PRESTWICH AVE
- TURN LEFT INTO DR HS VAN DER BYL STREET
- TURN LEFT INTO PIARCO AVE
- TURN RIGHT INTO DEARAAD STREET
- TURN LEFT INTO CARP ROAD
- SLIDE LEFT AND PROCEED THROUGH CARP ROAD
- TURN LEFT INTO BASS ROAD
- PASS ATLAS ROAD
- BASS ROAD BECOMES SILVER WINGS BLVD
- TURN LEFT INTO CLARE STREET
- TURN LEFT INTO PARKING AREA
- RUNNERS WILL PROCEED THROUGH SERVICE ROAD TO THE FINISH
- FINISH WILL BE LOCATED 1 METERS FROM PL NO # 2 METERS FROM THE STOP SIGN.



# FREE TRAINING PROGRAM

PREP FOR THE SIGNIFICANCE RUN WITH THIS  
FREE TRAINING PROGRAM FROM BLOOM!



SCAN THIS QR CODE FOR ACCESS



**YOUR HEALTH AND FITNESS MATTERS**

**We are invested in your well being**

**Our Coaching Services**

- ✓ Strength and Conditioning through TrainHeroic
- ✓ Mobility and Prehab
- ✓ Zoom review session

**Why Choose Us**

Our passion is to help individuals obtain their health and fitness potential

**Start your trial week today**  
076 194 3931

[info@bloomfit.co.za](mailto:info@bloomfit.co.za)

**Achieve your fitness goals for 2023**



**Start your trial week today**  
info@bloomfit.co.za  
076 194 3931



**Virtual Coaching How?**

- ✓ Zoom reviews
- ✓ Whatsapp groups
- ✓ Analysis and Programming through software



**Start your trial week today**  
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