



NEDBANK RUNNING CLUB SKOSANA RACE

MILE, 5, 10 & 21 KM



DATE: SATURDAY, 11 DECEMBER 2021

TIME: 6:30 AM

VENUE: SEFAKO MAKGATHO UNIVERSITY SPORTS GROUND

Molotlegi Street, Ga-Rankuwa, Pretoria, Gauteng



ENTRIES VIA PEAKTIMING: www.peaktiming.co.za/entries

TEMP LICENSES: R40 (TO BE COLLECTED ON RACE DAY)

TSHIRT: R170 EACH ON ORDER THROUGH PEAKTIMING

CONTACT DETAILS: ENOCH SKOSANA: 082 825 8001 OR

JACQUE: 082 462 1137 EMAIL: nbrunning.pta@gmail.com

CATEGORIES, ENTRY FEE & PRIZES:

MILE RACE 1.6km : 08 TO 10 YEARS	MILE RACE 1.6km : 11 TO 13 YEARS	MILE RACE 1.6km : 14 TO 19 YEARS
ENTRY FEE: R60	ENTRY FEE: R60	ENTRY FEE: R60
1ST PLACE: FUTURELIFE GOODY BAG	1ST PLACE: FUTURELIFE GOODY BAG	1ST PLACE: R1,000
2ND PLACE: FUTURELIFE GOODY BAG	2ND PLACE: FUTURELIFE GOODY BAG	2ND PLACE: R600
3RD PLACE: FUTURELIFE GOODY BAG	3RD PLACE: FUTURELIFE GOODY BAG	3RD PLACE: R500
5 KM RACE	10 KM RACE	21 KM RACE
ENTRY FEE: R60 (70+ YRS FREE)	ENTRY FEE: R100 (70+ YRS FREE)	ENTRY FEE: R120 (70+ YRSFREE)
1ST OPEN MAN & WOMAN: R1,000	1ST PLACE OPEN MAN & WOMAN: R1,500	1ST PLACE OPEN MAN & WOMAN: R2,000
2ND OPEN MAN & WOMAN: R600	2ND PLACE OPEN MAN & WOMAN: R1,000	2ND PLACE OPEN MAN & WOMAN: R1,400
3RD OPEN MAN & WOMAN: R500	3RD PLACE OPEN MAN & WOMAN: R600	3RD PLACE OPEN MAN & WOMAN: R1,000

MORE INFORMATION

- Safe parking available
- Ample toilet facilities
- COVID 19 Screening before race
- Water table at 5, 10km
- Bavaria drink at finish
- Medal at finish, sponsored by

NO tog bag area AND NO Club Tents due to COVID 19 regulations.



VERY IMPORTANT INFORMATION:

- Runners must adhere to all COVID protocols, including the wearing of face masks OR buff & social distancing.
- All Entrants MUST complete the questionnaire, or you will not be granted access to the venue on race day.
- We ask for your cooperation in this regard, as non-adherence will cause delays and crowding at the entrance. Please arrive early.





NEDBANK RUNNING CLUB SKOSANA Mile, 5 KM, 10 KM ROAD RACE



All participants must adhere to all COVID-19 Health and Safety protocols implemented by ASA, including the wearing of masks/buff, social distancing, hand sanitizing and must undergo a temperature screening before entering the venue.

Start: 06:30am (Venue opens at 05:00am)

Venue: SEFAKO MAKGATHO UNIVERSITY SPORTS GROUND, Molotlegi Street, Ga-Rankuwa, Pretoria, Gauteng

Questionnaire: Please complete the online COVID questionnaire which can be accessed [here](#). Please only complete the questionnaire on Friday morning, 4 December. You will also receive a sms with the link to the COVID questionnaire. The questionnaire only needs to be completed once. All entrants **MUST** complete the questionnaire, or you will not be granted access to the venue on race day. When you arrive at the venue, a volunteer will verify that the questionnaire has been completed. We ask for your co-operation in this regard, as non-adherence will cause delays and crowding at the entrance. **Please ensure you arrive early.**

Race Number: Only athletes in possession of a valid race number will be allowed to start the race. Permanent or Temporary Licence must be worn. Note that, to minimize physical contact, there will be no race number collection this year. Entrants will receive a PDF file with their race number, as has been done with most virtual runs thus far in 2020. The runner is responsible for printing out their own number, in colour, at a size of A5. Runners are encouraged to cover their number in a plastic sleeve, zip-lock bag or laminate. Please pin the race number to the **front** of your running vest – it is **VITAL** that the timers can see your race number clearly at the finish.

Masks (or buffs): Masks/buff are compulsory from the time you exit your vehicle in the Parking area until the start of the race. While in the venue, masks/buff must be worn at all times. During the race masks/buff are not compulsory. Immediately upon completion, masks/buff need to be worn again.

Parking: Use 1st access gate at SEFAKO MAKGATHO UNIVERSITY SPORTS GROUND. A volunteer will confirm that you have completed the online COVID questionnaire, then they will do a temperature check. If your temperature is below 38.5, you will be granted access to the venue. Please adhere to all COVID-19 health and safety protocols implemented by ASA, including the wearing of masks and social distancing before the start of the race.

No top bag area will be available due to COVID-regulations.

Temporary License: Temporary numbers will be issued on day of race.

Start: The start line will be at SEFAKO MAKGATHO UNIVERSITY SPORTS GROUND between lap areas. Please ensure that social distancing of at least 1.5m from other runners. Elite runners will be permitted (subject to social distancing) to start at the front of the starting line, with non-elite runners behind.

Water point: Only one water point is allowed as per ASA regulations and this will be at the halfway mark of the race (5km & 10km). Please adhere to social distancing. There will be no handing to athletes. Athletes are required to pick up their own water off the water table and disposed of responsibly.

Finish: At the finish, our volunteers who hand out the medals and drinks will wear masks and gloves and will sanitise at regular intervals. Once you have received your medal, please do not congregate at the finish line. Use 1st access gate and second gate to go out from parking area exit. Masks are compulsory once completing the event before medal collection.

Toilets: Social distancing must be maintained when queuing for toilets, marked with visible marks please sanitize your hands when you enter and exit the toilets according to COVID-19 regulations.

Isolation Area: An isolation area will be available and any athlete that "fails" the health screening at the entrance will be directed to the isolation area. Here, a qualified medic will assess the affected individual and refer them to a health practitioner, if required. All people that the affected person has come into contact with (travelled to the race with or living in the same household) will not be allowed to partake in the race.

The isolation area will be next to lap area in building room, with only one entrance guarded by a security guard. The isolation Area will be stationed away from any medical room or ambulance.

Spectators: NO spectators or vendors will be allowed at the venue.

