



# Kanonkop 10Km Lion Run

25 Nov '20

Venue: Hoërskool Kanonkop

Start: 17:30 for 19:00

R 100.00 Entry fee

### Compulsory:

- \*Face mask
- \*Social distance
- \*Sanitize
- \*Screening
- \*Online questionnaire

Athletes must be at least 14 yrs & not older than 60 yrs on race day. No persons 60 years and older will be allowed to enter for the race or be allowed on the premises.

**Cut off time is 1 Hour and 40 min from start of race.**

**NO WATERPOINTS**

**Please provide your own water.**

Allow time for pre-race screening. **NO SPECTATORS**

Online pre-entries only, no manual entries will be allowed due to Covid – 19 requirements. Your race number and the screening questionnaire will be mailed to you. Please print it and complete the questionnaire no more than 72 hours before the race. Venue entrance will be restricted to Athletes with **RACE NUMBERS** and completed **COVID-19 QUESTIONNAIRES**. **Entries closes 22 November 2020**.  
Entries on website: <https://peaktiming.co.za/entries>

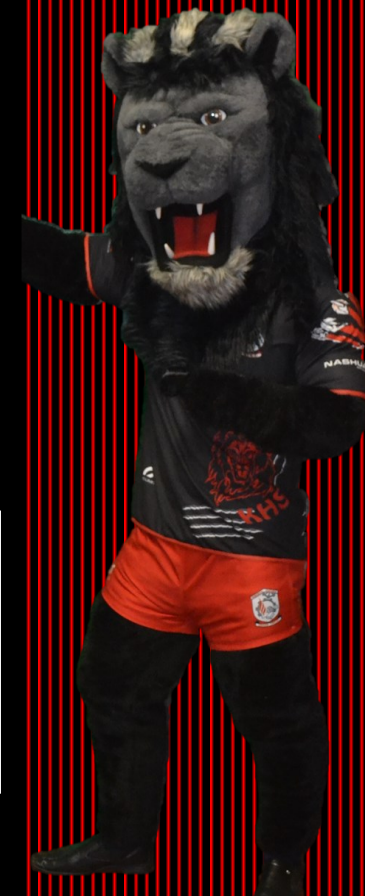
### Men & Ladies Prize money

1 <sup>st</sup> Open	R 300.00
2 <sup>nd</sup> Open	R 200.00
3 <sup>rd</sup> Open	R 100.00

Prize money will be deposited into your account as per Covid – 19 Regulations. Regulations do not allow for a Prize Giving Ceremony.

### **Medals to all finishers.**

It is time to come and shake off the extra weight gained during lockdown. Enjoy the competition and test yourself against other Athletes during the 1<sup>st</sup> race in Middelburg since the lockdown started in April 2020.



**NO mask no entry!**

**NO race number & license number no entry!**

**Athletes will finish the race and leave the premises immediately!**

## REFEREES' DECISION IS FINAL

- Obey all Traffic Officials and Race Marshals.
- All Covid-19 protocols need to be adhered to. As per COVID Protocols no person 60+ will be allowed at this event.
- The race will be run according to the rules of ASA, *WORLD ATHLETICS (WA)* & AMPU House rules.
- International athletes/Foreign athletes must provide a clearance letter from their Sport Federation to the Chief Referee prior to the start of the event (WA Rule 4)
- Ages: Athletes for 10km must be 14 years or older on the day of the race.
- Proof of age (ID) to be produced upon request on day of race.
- All athletes participate at their own risk and by entering the event they acknowledge that they are medically fit to participate.
- Registered athletes must wear full club colours.
- 2020 license numbers on the front and back of the vest.
- Temporary license must be fixed on the back of the vest.
- Age category ID tags must be clearly displayed for the duration of the event (back and front) by athletes competing for a category prize AND must be fixed on all 4 corners and not be covered by rain jacket or any shirt.
- Only athletes with a race number and license numbers will be allowed into event area. Race number must be worn on the front of the vest. Next of kin name and contact number must appear on the entry form and race number.
- ASA license numbers must not be covered with any paper race numbers /race bib.
- Walkers competing for Walkers prize must have the "W" fixed on the left front and back of the vest, all 4 corners must be fixed.
- There will be no Prize Giving. Prize money will be transferred electronically.
- No littering, please make use of waste boxes at the start/finish – RUN CLEAN
- All participants must take note that photographs might be taken at the event and placed on social media.
- 12% levy on entry fee must be paid over to Athletics Mpumalanga by race organizer.
- No earphones, iPods and similar devices are allowed, as they are in contravention of the IAAF rule 144.2b and will lead to disqualification.

### **Contact details of the race organizers:**

**Kobus Olivier**

**Cell no: +27 82 800 6169**

**Magda Pretorius**

**Cell no: +27 82 727 0486**