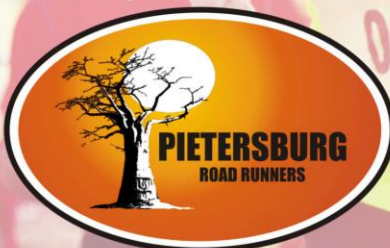




Proudly Presented By



**PIETERSBURG
ROAD RUNNERS**

100 Mile & 24 Hour Track Race

**Entry closing date: 31 MARCH 2020 @ 16:00
(or when entry cap is reached)**

SOUTH AFRICAN NATIONAL OPEN RECORDS (All terrain):

100 MILE MEN - 11:56:56, Derek Kay, Durban, 07 Oct 1972

100 MILE WOMEN - 14:53:06, Rae Bischoff, East London, 11 July 1998

24 HOUR MEN - 258,063km, Johan van der Merwe, Taipei, 08 Dec 2013

24 HOUR WOMEN - 190,400km, Hazel Moller, Pietermaritzburg, 20 Sep 2014



Date: Saturday 09 May 2020

Time: 09:00

Venue: Peter Mokaba Stadium

Dorp Street, Polokwane

(South: 23°55'28.56" & East: 29°27'52.48")

- The race will be held under World Athletics, ASA and LIMA rules and is an IAU Bronze Label Accredited event.
- The race will be held on a 400 meter Synthetic track at the Peter Mokaba Stadium, Polokwane, Limpopo, South Africa.
- The laps completed by the athlete will be electronically recorded. Running direction will be alternated every six (6) hours.

RACE RULES



1. TWO RACE NUMBERS WILL BE ISSUED, ONE OF WHICH MUST BE WORN ON THE FRONT AND ONE ON THE BACK AND BE VISIBLE AT ALL TIMES DURING THE RACE. The wearing of Club Colours are NOT compulsory, but the displaying and wearing of the issued Race Numbers are compulsory, as this is the means by which each runner is identified by officials during the race and also enables the time keepers to accurately provide runners with their split times after the race.
2. Eligibility to participate: You must be an amateur as defined under the ASA rule and be 21 years or older on the day of the race. (refer to ASA Rule 11). You must also be in possession of a valid 2020 license number, but not required to be worn during the race.
3. Race is held under the rules of World Athletics (WA), IAU, ASA and LIMA. The race is run in accordance with the rules of WA, ASA and Lima. All participants participate at own risk. Participants indemnify the national, provincial and regional bodies, sponsors and organisers of the race against all and any action whatever nature, whatever may arise out of their participation in the event.
 - 3.1 International athletes should familiarise themselves and meet the criteria as set out in World Athletics Rule 4.1, 4.2 & 4.3 as well as ASA Rule 4.1 - 4.9
4. Regret no wheelchair participants can be accommodated on this race. No blade, cyclist or mechanically operated device allowed in the race.
5. Seconding on track shall only be within the designated area and the stand and hand rule will apply. ASA Rule 9: "9.3 An athlete may, at any time, carry water or refreshment by hand or attached to his body provided it was carried from the start or collected or received at an official water station" & ASA Rule 34.8: "Such assistance where refreshments can be receive or collected must take place within the area delineated by the organisers. If the area is not physically delineated then such assistance must take place within 100m either side of the first or last table. No assistance or seconding of any sort may take place outside of this area. Persons assisting athletes shall not enter the course nor obstruct any athlete".
6. Marshalls and race officials to be obeyed at all times. Failure to comply with these instructions may lead to immediate disqualification.
7. Entry fee is not refundable or transferable.
8. All runners participate at own risk and it is the responsibility of each athlete to ensure that he or she is medically fit and healthy to participate in the race.
9. The World Athletics Rule 144.1, 144.2 and 144.4 with regard to Assistance will be enforced during the event. For the purpose of this Rule the following shall be considered assistance, and are therefore not allowed:
 1. Pacing in races by persons not participating in the same race, by athletes lapped or about to be lapped or by any kind of technical device
 2. Possession or use of video or cassette recorders, radios, CD, radio transmitters, mobile phone or similar devices in the arena.
10. When the athlete wants to leave the track he will ensure that it will be according to World Athletics Rule 240.9 and 240.10

ENTRY INFORMATION



1. Enquiries: Colinda Potgieter – 082 898 8341 (Competition Organiser)
2. Refreshments will be on sale.
3. Secure parking and shower facilities available. Please note, whilst best care will be taken at the parking area, Pietersburg Road Runners and their Sponsors will not be held liable for any losses and/or damages to property or vehicles.
4. One official athlete refreshment station with water, Coke, energy drinks and snacks will be available for the duration of the event. Athletes will be served lunch (14:00), dinner (21:00) and breakfast (06:00).
5. Athlete second's should only set-up support station/s inside parameter of official allocated location.
6. Medals and T-shirts to all finishers. (Minimum distance for 24H - 100km). No prize money.
7. Pre race registration and briefing: Registration will be at the venue from 06:00 onwards. All runners and seconds must attend the race briefing at the start at 07:00 on Saturday 09 May 2020.
8. Prize Giving: At the venue on Sunday 10 May 2020 at 10:30.
9. This race is sanctioned by LIMA and ASA.
10. The number of entries will be restricted to fifty (50) athletes. Forty (40) athletes who meet any of the entry qualification criteria as set-out under point 12 below. An additional ten (10) athletes who have not achieved any one of the entry qualification criteria as set-out under point 12 below. (These 10 athletes will be obligated to pay an additional R500-00 on top of the normal entry fee).
11. Entries will open on 02 December 2020 at 08:00 and close on 31 March 2020 at 16:00. Entries will be on a first come, first served basis until the entry cap is reached.
12. Athletes will have to meet ANY ONE of the entry criteria below within the past 24 months prior to 02 December 2020. Upon qualification, runners simply need to indicate the time and details of the qualifying race on the entry form. Upon receiving the qualifying information the runner's entry will be confirmed. Qualification criteria as below will be applicable for entry. Upon receiving the qualifying information, the runner's entry will be confirmed.
 - Any 100km race, sub 10h men & sub 12h women
 - Any 100 mile race, sub 23h for men & sub 26 for women
 - Any 24 race, 160km+ for men & 130km+ for women
 - Comrades sub 09:30 men & sub 10:30 women
13. Official time / distance of all athletes will be recorded at 12 hours, 100 miles and 24 hours. (Athletes who stop after 12 hours will only qualify to receive a finisher medal if the minimum distance of the 24H race was achieved).
14. The stadium spotlights will be switched on from 18:00 until 05:00, all athletes should however be in possession of headlamps in case of a power failure. (No stadium generator is available)
15. The race program will be forwarded to all athletes who have entered.