



**NEDBANK RUNNING CLUB ENOCH SKOSANA
10 KM ROAD RACE
THE FIRST AGN ROAD RACE SINCE COVID LOCKDOWN**



DATE: SATURDAY, 5 DECEMBER 2020
TIME: 6:30 AM
VENUE: KGOSI MAMPURU PRISON SPORTS GROUND
KGOSI MAMPURU STREET, SALVOKOP PRETORIA
ENTRY FEE: R100

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

PRIZES:

1st MALE & FEMALE: R1,000 EACH & BIOGEN HAMPER

2nd MALE & FEMALE: R750 EACH & BIOGEN HAMPER

3rd MALE & FEMALE: R500 EACH & BIOGEN HAMPER

JUNIOR: 1st MALE & FEMALE: FUTURELIFE HAMPER EACH

ONLY 500 ENTRIES WILL BE ALLOWED, ONLINE PRE ENTRIES

LATE ENTRIES, ENTRIES ON DAY OR TEMP LICENSES WILL NOT BE AVAILABLE

CONTACT DETAILS:

ENOCH SKOSANA: 081 825 8001 OR JACQUE RENCONTRE: 082 462 1137

EMAIL: nbrunning.pta@gmail.com

- Safe parking available
- Ample toilet facilities
- COVID 19 Screening before race
- Water table at 5km
- 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.**

Note that All ASA & AGN Road Race rules will apply on race day.





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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: Kgosi Mampuru Prison Sports Ground, Kgosi Mampuru Street, Salvokop Pretoria

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 Kgosi Mampuru Street to parking area OR second access gate is available on Dequan road. Entering the Correctional Services facility All participants will enter through two gate kgosi Mampuru Street or Dequan road. Please adhere to social distancing. 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 tog bag area will be available due to COVID-regulations.

Temporary License: NO temporary numbers will be issued

Start: The start line will be at Ludo Street 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). There will be water tables on both sides of the road, so 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 and 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.





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RACE RULES

- The race is held under the rules of ASA and AGN.
- 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.
- All athletes participate at their own risk. Athletes acknowledge that by entering the event they are medically fit to participate.
- All athletes must supply the name and contact number of their next of kin on both the race number and entry form.
- Licensed athletes must wear club colours and their 2020 license number on the back and front of their vest, with the race number worn on the front of vest. Note that the race number may not cover the ASA and sponsor logos at the top of the 2020 license.
- **For this event, NO TEMP LICENCES WILL BE SOLD ON RACE DAY.**
- No seconding allowed.
- International athletes must provide a clearance letter (from their country of origin) to the organisers and chief referee prior to the start of the event. Prizes will be withheld if this rule is not adhered to.
- No blades, cyclist or mechanically operated devices allowed in the race.
- Foreign athletes are to comply with ASA rules.
- The domicile rule applies.
- Wheelchairs athletes will be permitted to participate without special permission granted by the race organiser. All such participants must start at the back of the field.
- No animals/pets are allowed to participate.
- Minimum age for participation: 10km | 14 years old.
- No prize giving ceremony because of COVID-19 regulation and the race organiser will contact the winners to informed with all information
- **No refunds will be given once an entry is purchased. In the event that the race is cancelled due to reasons outside the organisers' control, the race will be converted to a virtual run. In such a case, arrangements will be made for medals to be couriered to entrants. Note that this might incur extra postage fees/costs.**
- No earphones, iPods and similar devices are allowed, as they are in contravention of the IAAF rule 144.2b and will lead to disqualification.
- Athletes may not run with another athlete's race number.
- The race organiser retains the right to refuse entry and reject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission.
- Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge. **Runners who allow their race number to be duplicated will be held liable and will face a AGN disciplinary with the possibility of a ban.**
- Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a AGN disciplinary.
- Littering is not allowed. Athletes are to dispose of any litter in appropriate bins and can be disqualified if they litter.
- Cut-off time for the event is 2 hours (08:30).
- **All participants must adhere to the COVID-19 health and safety protocols implemented by ASA, including screenings, sanitising, completing of the online medical questionnaire, social distancing and the wearing of masks. Masks may only be removed once the race has started and must once again be worn at the finish.**

