



NEDBANK RUNNING CLUB SKOSANA RACE

MILE, 5KM FUN RUN, 10 & 21.1 KM

DATE: SATURDAY, 14 JANUARY 2023

START TIME: 6:00 AM

VENUE: PIERRE VAN RYNEVELD CHURCH



**14 BALTIMORE ROAD, PIERRE VAN RYNEVELD PARK,
CENTURION**

CONTACT DETAILS: Enoch Skosana Cell: 082 825 8001 OR Jacque Rencontre E Mail: nbrunning.pta@gmail.com / Cell: 082 462 1137

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

RACE ENTRY FEE

RACE	ENTRY FEE (ONLINE)	ENTRY FEE (LATE)
MILE RACE: 08 YRS TO 10 YRS	R60	R80
MILE RACE: 11 YRS TO 13 YRS	R60	R80
MILE RACE: 1.6km 14 YRS TO 19 YRS	R60	R80
MILE RACE: 1.6km SENIOR OPEN	R60	R80
5 KM FUN RUN	R80	R100
10 KM	R120	R140
21.1 KM	R160	R180

RACE START TIMES:

6H00 - 21.1 KM

6H15 - 10 KM

6H30 - 5 KM FUN RUN

07H45 - MILE (ALL CATOGARIES)

70+ FREE, VALID ASA LICENSE REQUIRED FOR 10KM & 21.1KM / TEMP LICENSE R50

PRIZE MONEY:

POSITION	MILE: 08-10 YRS	MILE: 11-13 YRS	MILE: 1.6 KM 14 - 19 YRS	MILE: 1.6 KM 14 - 19 YRS
1 ST	FUTURELIFE GOODY BAG	FUTURELIFE GOODY BAG	R300	R700
2 ND	FUTURELIFE GOODY BAG	FUTURELIFE GOODY BAG	R200	R500
3 RD	FUTURELIFE GOODY BAG	FUTURELIFE GOODY BAG	R100	R300

POSITION	5KM FUN RUN
1 ST	BIOGEN GOODY BAG
2 ND	BAVARIA GOODY BAG
3 RD	THIRSTI GOODY BAG

RACE ENTRY COLLECTIONS:

TIMES: 15H00 TO 19H00

THURSDAY 12 JAN AT CBC OLD BOYS CLUB, GROENKLOOF

FRIDAY 13 JAN AT RACE VENUE

Men & Woman **NB No category age tag, no prize money**

POSITION	JUNIOR	OPEN	40-49	50-59	60-69	70 +
10 KM						
1 ST	R300	R1,000	R500	R300	R300	R250
2 ND	R200	R750	R300	R200	R200	-
3 RD	R100	R500	R200	-	-	-
21.1 KM						
1 ST	R500	R2,000	R500	R350	R300	R250
2 ND	R250	R1,500	R300	R250	R200	-
3 RD	R150	R750	R200	-	-	-

MORE INFORMATION

→ Safe parking available, BE EARLY

→ THIRSTI Water & Bavaria drink at finish

→ Coffee/Tea/Cooldrinks , pancakes and food for sale at

Church Tuck Shop. All funds goes to the Church

→ Waterpoint with water & Coke

→ Club Gazibos welcome: **NB NO FIRES OR GA S BRAAI'S**

MEDALS SPONSORED BY

ASSUPOL





NEDBANK RUNNING CLUB SKOSANA RACE MILE, 5KM FUN RUN, 10 & 21.1 KM



Start: 06H00 - 21.1 KM, 06H15 - 10 KM , 06H30 - 5 KM FUN RUN , 07H45 - MILE (ALL CATOGARIES)
Venue: PIERRE VAN RYNEVELD CHURCH, 14 BALTIMORE ROAD, PIERRE VAN RYNEVELD PARK, CENTURION

Entries close: WEDNESDAY 04 January 2023 at 12 noon

Race Number: Only athletes in possession of a valid race number will be allowed to start the race. Permanent number must be pinned front and at back for race shirt or Temporary Licence must be worn.

Collection dates for race numbers: Thursday 12 January 2023 at CBC Old Boys Club, George Storrar Drive, Groenkloof (next to Virgin Active) from 13H00 to 19H00 and Friday 13 January 2023 at Pierre van Ryneveld Church from 13H00 to 19H00. 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. **Age tag compulsory for category prizes.**

Parking: A volunteer direct you to designated parking are. DO NOT block private drive ways, park on corners of roads. Be early to get parking.

Tog bag area will be available at Tuck Shop Area

Temporary License: Temporary numbers will be issued on collection of race number—cost R50.

Start: The start 21.1 km line will be inside Pierre van Ryneveld Church, 5 & 10 km j& Mile Race outside Church grounds. Elite runners will be permitted 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 due to this being a loop race. Athletes are required to pick up their own water / drinks off the water table and disposed of cups and sachets responsibly. Drinks table will be at the finish of your race as well.

Finish: At the finish, our volunteers who hand out the medals and drinks. Once you have received your medal, please do not congregate at the finish line.

Prize Giving: Prize Giving will take place just after the top 3 Athletes finished their race in the Mile, 5km Fun Run, 10km and 21km

Toilets: Toilets will be marked with visible marks please sanitize your hands when you enter and exit the toilets

Spectators: Spectators are welcome, please adhere to Marshalls on route, no vendors will be allowed at the ven-





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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 2022 valid ASA license number on the back and front of their vest, with the race number worn on the front of vest, as specified in Race Rules. Note that the race number may not cover the ASA and sponsor logos at the top of the 2021 license.
- Age tags must be worn to receive Age Category prize.
- No seconding allowed.
- 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 NOT be permitted to participate.
- No animals/pets are allowed to participate.
- Minimum age for participation: 10km / 14 years old and 21km / 16 years old
- Prize giving ceremony will take place for top 3 Athletes, winners to provide all informed to race organisers for prize money
- **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 NEW WA rule - **WA rule T6.3.2** and will lead to disqualification.
- Athletes may not run with another athlete's ASA License Number or 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 / spectators / Club Areas are to dispose of any litter in appropriate bins and can be disqualified if they litter.
- Cut-off time for the event is for 1 hour (07:00) 5km, 2 hours (08:00) for 10km & 3 hours (09:00) for 21.1km

