



KWAZULU NATAL ATHLETICS

Sunday 18 April 2021

PDAC 25KM

WATERFALL TO PINETOWN

Enter online <http://www.eventtiming.info/pdac>

Online entries open 3 April and close midnight 14 April

All entries to be done online

ONLY 450 ENTRIES PERMITTED

No physical entries will be taken at the start

START: WATERCREST MALL

FINISH: LAHEE PARK, PINETOWN

TIME: BATCH 1: 05:30

BATCH 2: 05:45

BATCH 3 (CONTENDERS BATCH): 06:00

**OWN TRANSPORT TO
THE START**

NO BUSES AVAILABLE

PLEASE GET THERE EARLY TO BE SCREENED

ENTRY (INCL COVID FEE : R300

KZNA 2020 licences to be used. NO temp available

**TO ELIGIBLE FOR PRIZE MONEY
YOU MUST BE ENTERED INTO
THE CONTENDERS BATCH. SEE
ONLINE ENTRY FOR MORE
INFO**

COLLECTION OF NUMBERS

PDAC CLUBHOUSE

SAT 17 APRIL 11:00-17:00 ONLY

**MEDAL AND GOODIE BAGS
TO ALL FINISHERS**

There will be no prize giving. Prize winners will be notified
and prize money paid via EFT

For more information about the race, email pdacsecretary@gmail.com
or visit our website www.pdac.co.za. You may also call 0610697384

PRIZE MONEY



CATEGORY	POSITION	RUNNER MALE	RUNNER FEMALE
OPEN	1ST	R600	R600
	2ND	R500	R500
	3RD	R400	R400
40-49	1ST	R500	R500
50-59	1ST	R500	R500
60-69	1ST	R500	R500



COVID PROTOCOLS AND GENERAL INFORMATION

1. A link with your Covid declaration will be sms'd to you 24hrs before the race. This needs to be filled in and returned before race number collection on 17 April 2021. For those without the necessary technology, there will be a Covid form to complete at registration
2. All athletes to be screened upon arrival at the start on 18 April 2021
3. Please arrive at least **45 minutes** before batch start to accommodate for the screening process
4. Only **athletes** will be able to access the top level of the Watercrest Mall parking area. No spectators.
5. All athletes to wear a mask/buff at the start until the race commences. Masks/buffs to be replaced 20m after finish. **Failure to do so could result in disqualification**
6. Once screened, all runners to go to their batch holding areas. Please adhere to social distancing.
7. Times are calculated from gun to mat. Make sure you start in your correct batch!
8. All athletes to leave the finish area as soon as possible after finishing
9. Please take note of the water tables as noted under Race Rules and Information
10. Please endeavour to RUN CLEAN! If extra water sachets are taken beyond the bin areas, please carry the empty sachet to the next table or rubbish bin
11. No gathering of spectators at start or finish. We suggest a drop-and-go approach.
12. Your adherence to Covid regulation will determine the future of road events. Let's stick to the rules.

RACE RULES AND INSTRUCTIONS

1. Age restriction: 16 years and older
2. 2020 licence numbers must be worn on front and back of vest/crop top and must be clearly visible
3. Age category tags must be worn on front and back of vest/crop top and must be clearly visible. Proof of age will be required for category winners as per ASA rule 5.8
4. Results will be posted on our website www.pdac.co.za
5. Prizes/money will only be given for the race you enter. **ONLY THOSE ENTERED INTO THE CONTENDERS BATCH WILL BE ELIGIBLE FOR MONEY**
6. Cut off is 9:30am. Participants who have not finished by the cut off will be called off the road.
7. First aid facilities available en route
8. **Four water tables provided on a self help basis as per ASA regulations. No open cooldrinks will be offered. Athletes are welcome to carry their own hydration as well as energy bars/drinks. No personal seconding permitted.**
9. The race is run in strict accordance with the rules of the World Athletics, Athletics South Africa and Kwazulu Natal Athletics
10. All foreign athletes must comply with World Athletics Rule 4.2 and 142.
11. Race officials, marshals and traffic officers MUST be obeyed at all times.