

COVID-19 Rules

- No face mask, no entry
- Runners **MUST** complete the COVID screening questionnaire that will be emailed to them 24 hours before the event. If you do not, you will not be allowed to take part in the race!
- The above will be verified at the entrance, where a temperature check will also be done.
- Runners must adhere to social distancing protocols and respect the regulations communicated here.
- Please respect the officials and the announcer and adhere to all requests made on the day.

Very Important Info

- Runners must adhere to all COVID protocols, including the wearing of face masks, social distancing, and must undergo a temperature screening before entering the venue.
- A COVID-questionnaire will be sent to entrants via email and SMS 24 hours before the race. All entrants **MUST** complete the questionnaire, or you will not be granted access to the venue on race day. Upon entrance, staff will verify that this has been done via iPads. We ask for your cooperation in this regard, as non-adherence will cause delays and crowding at the entrance.
- Note that, in an effort to minimize physical contact, there will be no race number collection this year. Entrants will receive a PDF file with their race number via email, 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 no smaller than A6 and no larger than A5. In the event of wet weather, runners must cover their number in a plastic sleeve, ziplock bag or laminate. Runners may not distribute duplicates of their number! In the event that a duplicate race number is recorded in the race results, the owner of that number will be held liable and will face a fine or ban from AMPU. This will be taken as a very serious offence; as such an action will be in contravention of the health & safety protocols around COVID-19.
- No tog bag area due to COVID – regulations
- Entries are pre-entry only! **NO LATE ENTRIES OR TEMP LICENCES WILL BE SOLD FOR THIS EVENT**
- - A Dedicated Covid-19 compliance officer will be appointed for each event (see Events and Competition officer list).
 - All the specifications listed above will also apply, where applicable, to road and cross-country and trail runs.
 - A maximum of 500 athletes will be allowed for road running, cross-country, trail running at the beginning. This will be reviewed from time to time.
 - Staggered starts will be employed to mitigate big groups.
 - Only 1 water point with ample water tables to mitigate aggregation and manned by volunteers (masked and will hand sanitize after passing of every group).
 - All water sachets will be pre-ordered (72 hours) and treated and safely kept for race day. The volunteers who handle the sachets will wear gloves and be screened.
 - Volunteers and race marshals will be trained in the Covid protocols and will enforce acceptable social distancing and make sure water bottles are not shared. Only water sachets that are supplied at the official water stations by the trained marshals or volunteers will be allowed.
 - Timing and results will be done electronically to avoid gathering at the finish line.
 - Athletes must vacate the finish area immediately after finishing the race.

- No prize giving will be held. Any monies due will be transferred electronically.
- No lucky draws will be allowed. If T-shirts are available, they will be distributed on finishing. The volunteers will enforce strict social distancing when doing this.

Race Rules

- The race is held under the rules of ASA and AMPU.
- 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 2021 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 2021 license.
- For this event, **NO TEMP LICENCES WILL BE SOLD ON RACE DAY.**
- Athletes competing for category prizes must wear clearly visible age tags of the appropriate size, on the back and front of their vest.
- 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.
- **60+ Athletes need to obtain a letter from their GP declaring them fit to run and to confirm that their chronic conditions are under control**
- Walkers competing for walker prizes (if any) must wear walker tags on the front and back of their vest.
- No blades, cyclist or mechanically operated devices allowed in the race.
- Foreign athletes are to comply with ASA rules.
- The domicile rule applies.
- No 2, 3 or 4 wheel carts/prams, which are mechanically or manually operated by participants or wheel chairs 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. 21km – 16years
- Prize winners must present their proof of age to the referees before the prize giving. Prizes will be withheld until all the necessary details of the winners are confirmed.
- Only those who have completed all the information required in the race entry/number are eligible for prizes.
- 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 unless by prior arrangement with the organiser.

- 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 an AMPU disciplinary with the possibility of a ban.
 - Anyone found participating without purchasing a race entry will be called to an AMPU disciplinary.
 - Littering is not allowed. Athletes are to dispose of any litter in appropriate bins or face disqualification.
 - Cut-off time for the event is ????.
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- **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. For the full list of COVID-19 race protocols,**