



KWAZULU NATAL ATHLETICS

**Sunday 30 January 2022**

# **PDAC 25KM**

## **Waterfall to Pinetown**

Enter online at [www.eventtiming.info/pdac](http://www.eventtiming.info/pdac)

Online entries open 10 Jan 2022 and close midnight 27 Jan 2022

All entries to be done online

Entries capped at 1000 athletes

**BUS TICKETS TO BE  
PURCHASED ON  
EVENTTIMING  
WITH ONLINE ENTRY**

**START: WATERCREST MALL  
FINISH: LAHEE PARK, PINETOWN  
TIME: 05H00  
CUT OFF: 09H15**

**GOODIE BAGS AND  
MEDALS  
TO ALL FINISHERS**

### **1ST BUS DEPARTS AT 03H30**

OUTSIDE  
LAHEE PARK MAIN GATE,  
PINETOWN, OPP  
PINE CREST

**ENTRY FEE: LICENSED ATHLETES: R200  
LATE ENTRIES: R220 (AFTER 23 JAN '22)  
TEMP LICENCE: R80  
BUS FARE: R60**

**COLLECTION OF RACE NUMBERS:  
PDAC CLUBHOUSE  
SAT 29 JAN 10H00 -17H00  
AT THE START ON RACE DAY FROM 03H30**

**FOR MORE INFORMATION ABOUT THE RACE,  
EMAIL: [pdacsecretary.co.za](mailto:pdacsecretary.co.za) OR VISIT OUR WEBSITE  
[www.pdac.co.za](http://www.pdac.co.za).  
YOU CAN ALSO CONTACT 061 069 7384**

## PRIZE MONEY



CATEGORY	POSITION	RUNNER MALE	RUNNER FEMALE	WALKER MALE	WALKER FEMALE
OPEN	1 <sup>st</sup>	R600	R600	R600	R600
	2 <sup>nd</sup>	R500	R500	R500	R500
	3 <sup>rd</sup>	R400	R400	R400	R400
30-39	1 <sup>st</sup>	R500	R500		
40-49	1 <sup>st</sup>	R500	R500		
50-59	1 <sup>st</sup>	R500	R500		
60+	1 <sup>st</sup>	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 29 Jan 2022. For those without the necessary technology, there will be a Covid form to complete at registration.
2. Only **athletes** will be able to access the top level of the Watercrest Mall parking area. No spectators.
3. 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.**
4. Please adhere to social distancing.
5. All athletes to leave the finish area as soon as possible after finishing.
6. Please take note of the water tables as noted under Race Rules and Information
7. 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.

## RACE RULES AND INSTRUCTIONS

1. Age restriction: 19 years and older.
2. 2021 licence numbers must be worn on front and back of vest/crop top and must be clearly visible.
3. Age category tags and walker 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 2.14
4. Results will be posted on the website [www.eventtiming.info/pdac](http://www.eventtiming.info/pdac)
5. Cut off is 9:15am. Participants who have not finished by the cut off will be called off the road.
6. ER24 ambulance and response vehicle will be available en-route.
7. **5 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.**
8. The race is run in strict accordance with the rules of World Athletics, Athletics South Africa and Kwazulu-Natal Athletics.
9. All foreign athletes must comply with World Athletics Rule 4.2, 22.1 and 142 together with ASA rule 9
10. Race officials, marshals and traffic officers MUST be obeyed at all times.