



Sunday 29 January 2023

PDAC 25KM

Waterfall to Pinetown

Enter online at www.eventtiming.info/pdac

Online entries open 15 Dec 2022 and close midnight 26 Jan 2023

All entries to be done online

**BUS TICKETS TO BE
PURCHASED AT
REGISTRATION**

**START:
FINISH:
TIME:
CUT OFF:**

**WATERCREST MALL:
LAHEE PARK, PINETOWN:
05H00
09H15**

**1ST BUS DEPARTS
AT 03H30 OUTSIDE
LAHEE PARK MAIN GATE,
PINETOWN, OPP
PINE CREST**

**LAST BUS DEPARTS AT
04H00 SHARP**

**ENTRY FEE: R200
TEMP LICENCE: R80
BUS FARE: R60**

**GOODIE BAGS AND
MEDALS TO
ALL FINISHERS**

COLLECTION OF RACE NUMBERS

VENUE: TBC

SAT 28 Jan 10h00-17h00

Or at the start on race day from
03h30

FOR MORE INFORMATION ABOUT THE RACE

EMAIL: pdacsecretary@gmail.com

WEBSITE: www.pdac.co.za

CELL 061 069 7384

PRIZE MONEY

CATEGORY	POSITION	RUNNER MALE	RUNNER FEMALE	WALKER MALE	WALKER FEMALE
OPEN	1ST	R600	R600	R600	R600
	2ND	R500	R500	R500	R500
	3RD	R400	R400	R400	R400
30-39	1ST	R500	R500		
40-49	1ST	R500	R500		
50-59	1ST	R500	R500		
60-69	1ST	R500	R500		



RACE RULES AND INSTRUCTIONS

1. Age restriction: 19 years and older.
2. 2022/2023 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
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. There will be 6 refreshment stations offering water sachets and coke. No personal seconding permitted. **Please endeavour to RUN CLEAN. If extra water sachets are taken beyond the bin area, please carry the empty sachet to the next table or rubbish bin.**
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.