

Wingate Road Runners Presents

**OUR SECOND**



# Om-Die-Dorp

## 21.1km / 10km / 5km

### Saturday, 14 March 2020

Venue: PvR Community Church  
14 Baltimore Avenue, Pierre van Ryneveld

21.1km – R120 start @ 6:00

10km – R90 start @ 6:00

5km – R50 start @ 6:00

Temp licence (21.1&10) – R40

FREE entry for 70+ athletes

**ENTER ON RACE DAY FROM 4:30**

**ENTRIES AND NUMBER COLLECTION  
ON FRIDAY 13 MARCH 15:00 – 18:00  
@ PvR Community Church**

**PRE-ENTRIES** (until 10 March 2020)

[www.enteronline.co.za](http://www.enteronline.co.za)

Run-A-Way Sport 012 361 3733

(Lynnwood)

Sweatshop 012 665 0048

(Southdowns)



**Athletics**  
Gauteng North

**Om-Die-Dorp  
will host the  
21.1km AGN  
Championships**



# 21.1km Route

## Om-Die-Dorp 21,1km Route



Route measured on 2019/01/16-17 by:  
Pieter de Jager  
UKA/AIMS "A" Route Measurer  
dejagerpc7@gmail.com  
083 442 6231



## Race Enquiries

Natascha de Jager – 071 688 8024

Marietjie Greeff – 072 864 2908



# 10km Route

## Om-Die-Dorp 10km Route



Route measured on 2019/01/16-17 by:  
Pieter de Jager  
IAAF/AIMS "A" Route Measurer  
dejagerp7@gmail.com  
083 442 4295

**Profile Data**  
Start Height = 1508m  
Finish Height = 1508m  
Highest Point = 1521m @ 3.9km & 8.7km  
Lowest Point = 1501m @ 5.8km





**Race Enquiries**  
 Natascha de Jager – 071 688 8024  
 Marietjie Greeff – 072 864 2908

Male and Female Prizes: RUN							
Position	Open	Junior	40-49	50-59	60-69	70-79	80+
<b>21km Run</b>							
First	R1000	R400	R300	R300	R300	R300	R300
Second	R800	-	-	-	-	-	-
Third	R600	-	-	-	-	-	-
<b>10km Run</b>							
First	R700	R300	R200	R200	R200	R200	R200
Second	R500	-	-	-	-	-	-
Third	R300	-	-	-	-	-	-
Male and Female Prizes: WALK							
	First	Second	Third				
<b>21.1km Walk</b>	R400	R300	R200				
<b>10km Walk</b>	R300	R200	R100				

Medals to the first 3000 who finishes within the cut-off times. The rest will be made available within 4 weeks after race day.

**Prize giving will be held at 8:00 for 10km and 9:00 for 21km,  
 or as soon as results are available**

**Directions**

**Continue onto N1 from Johannesburg**

Take exit 124 to merge onto Danie Joubert Freeway/N1 towards Pretoria/Polokwane

Take exit 134 to merge onto R21 towards Pretoria

Take exit 7 for M10/Hans Strijdom Drive towards Pretoria/Hans Strijdom-Ryalaan/Lyttelton

Turn right onto Solomon Mahlangu Dr/M10 (Signs for Hans Strijdom Drive/Garsfontein)

Turn right onto Van Ryneveld Avenue/M28

Turn left onto Avian Avenue

Turn right onto Spitfire Avenue and then left onto Collyer Avenue (parking in open field on your right)

Walk towards Baltimore Road (Start of the race)

**R21 from the Airport**

Take Nellmapius Drive off-ramp towards Irene Village Mall.

Turn right onto Van Ryneveld Avenue and continue straight.

Turn left at Typhoon Road, continue until the T-junction.

Turn right at Mustang Road.

Continue straight. After Blenheim Road the parking will be on your right.

Walk towards Baltimore Road (Start of the race)

**Security guards will be on-site**

**Please arrive early to avoid traffic congestion**

**Rules:**

The race is run in accordance with the rules of ASA and AGN.

1. Athletes who do not adhere to the rules, will be disqualified.
2. Licenced athletes must wear 2020 licences at the back and in front of their vests, temporary licenses must be worn at the back of vest.
3. Race numbers must be worn in front of the vest and should NOT cover the logos of the licence number.
4. Walkers competing for prize money must wear W tags on the front and back of their vest.
5. Age restriction is strictly 14 years for 10km & 16 years and older for the 21km. Age restriction for the 5 km is 9 years.
6. An athlete can qualify for prize money in the open category as well as the age category that he/she entered for.
7. Please obey all marshals, traffic authorities and traffic rules.
8. Age category tags must be worn in front and at the back of vest by athletes competing for category prizes.
9. Time limit is 3 hours 30 minutes for ALL athletes. Last runner/walker must finish by 9:30am.
10. No seconding, cyclists, pets or roller blades allowed. No iPods or listening devices.
11. All athletes participate solely at their own risk and the organizers and sponsors will not be held responsible for any injury, illness, accidents or theft occurring during or as a result of the race.
12. All foreign athletes must abide by the IAAF rule 4.2.

**ADDITIONAL INFORMATION**

- Dustbins at every km mark and all water points.
- Coke and water ± every 3 km.
- Medical services will be provided.
- Refreshments will be on sale at the venue.
- Tog bag area will be available at own risk.
- Club gazebos welcome.

**NO LITTERING ALONG THE ROUTE PLEASE  
 #RUNCLEAN**

