

TEAM MANUAL



2024

SOUTH AFRICAN 10KM CHAMPIONSHIPS

HOSTED BY: CENTRAL GAUTENG ATHLETICS



SPONSORED BY: MOTSEPE FOUNDATION

**MOTSEPE
FOUNDATION**

*The South African 10km
Championships will take place at
the Marks Park Sports Club, Judith
Rd, Emmarentia, Randburg, 2195
Johannesburg, on Sunday, 10
March 2024*

*The SA 10km Championships will be
hosted in conjunction with the Race
to Equality (21km, 10km) of ASA*

*Closing date for provincial entries is
Friday, 23 February 2024*

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1. INTRODUCTION

The ASA 10km Championships will take place on Sunday, 10 March at the **Marks Park Sports Club, Judith Rd, Emmarentia, Randburg, 2195**. It is a competition for both Men and Women, and is open to all ASA Member Provinces and Associate Members. The ASA 10km Championships will be hosted as a separate race in conjunction with the **Race to Equality** (21,1km & 10km) and ASA.

As in previous years, ASA will join hands with the South African Masters Association (SAMA) and it will be a combined championship with SAMA. SAMA age categories will be implemented and all Master athletes (position 1 to 3) will receive SAMA medals and Prize money. SAMA will keep all records up to date for the SAMA age categories.

All athletes must be licensed through the ASA club structures in their provinces and all entries must be done through the provinces or Associate Members. The team competition between provinces will remain.

2. THE RACE

The ASA 10km Championship race will be a separate race starting at 07h30 with the mass race (Race To Equality 10km race), The 21.1km Race To Equality will start at 07h00 Only provincial athletes will be allowed to participate in the ASA 10km Championship race.

3. ENTRIES

- The ASA 10km Championship race is a closed competition only for athletes selected by the ASA Provincial and Associate Members.
- All athletes must be licensed for 2024.
- Provincial athletes must compete for the Province where they are domicile and licensed.
- The advertised prize money offered by ASA will be paid to provincial athletes in their finishing order.
- The ASA 10km Championship titles and medals (Men & Women) will be awarded to the first South African male and female athlete from the provincial entries to cross the finish line.

- At registration Team Managers might be requested to provide copies of ID-books (or passports) of athletes to verify ages.
- Athletes not selected to represent a province can enter the **10km / 21.1km Race to Equality**. These entries are done online or as indicated on the brochure of the race.
- Provinces have first call on any athlete and an athlete selected and entered by a province must compete for the province.
- No Individual athletes will be allowed to enter for the Championship race.

4. QUALIFYING STANDARDS

For the ASA 10km Championships there are no set qualifying standards, but we accept that all selected Open Male athletes will finish the race in 35 minutes and Junior Male 40 minutes. All Open Female athletes will finish in 40 minutes and Junior Female 50 minutes. All other categories should be able to finish within 60 minutes for men and 60 minutes for women.

Provinces should select team based on provincial qualification standards and selection criteria.

5. MASTER ATHLETES

According to the rules of the World Masters Association (WAMA) all master athletes must participate in the age category according to their age. All master athletes (35 years and older), will thus be entered into the age category according to their age on race day. Five year age categories will be used, i.e. 35-39; 40-44; 45-49; 50-54;; 95-99; 100+. Athletes must wear the correct numerical age-tags during the race in order to qualify for the SAMA medals and prize money.

6. ENTRY FEE

The entry fee for provincial athletes will be R100 per athlete and is payable to Central Gauteng Athletics into the following bank account:

Bank Name : First National Bank
 Branch Code : 250 142
 Account Name : Central Gauteng Athletics
 Account Number : 62383418326
 Reference : ASA 10km & Province Name

Please provide proof of payment with your entries. Provinces are requested to do a once off payment for the entire team and not individual deposits per athlete.

Provincial entries will only be processed once payment has been received.

The closing date for provincial entries for the SA 10km Championship is by the close of business on Friday, 23 February 2024. Provincial entries must be done on the attached entry form and must be forwarded to the ASA office for attention Thabang Maleka (thabangm@athleticsa.co.za).

Please note: There will be no refunds after the closing date of entries.

7. GENERAL PROGRAMME

TEAM ARRIVAL: Saturday, 09 March 2024

Time	Activity	Venue
14:00-16:00	Collection of race numbers and registration	<i>Marks Park Sports Club</i>
15:00	Route Inspection	<i>Marks Park Sports Club</i>
16:00-17:00	Team Managers Technical Meeting	<i>Marks Park Sports Club</i>

RACE DAY: Sunday, 10 March 2024


Time	Activity	Venue
07:00	Start of 21.1km Race to Equality	<i>Marks Park Sports Club</i>
07:30	Start of ASA 10km Championships and 10Km Race to Equality	
08:30	Broadcast Victory Ceremony Championships	
10:00	Victory Ceremony Championships	
12:00	Departure of teams	

8. PRIZE MONEY

ASA 10km CHAMPIONSHIPS PRIZE MONEY (MALE & FEMALE)						
POSITION	OPEN	JUNIOR	40-49	50-59	60-69	70+
1	R15 000.00	R5 000.00	R5 000.00	R5 000.00	R5 000.00	R5 000.00
2	R10 000.00	R4 000.00	R4 000.00	R4 000.00	R4 000.00	R4 000.00
3	R7 000.00	R2 500.00	R2 500.00	R2 500.00	R2 500.00	R2 500.00
4	R5 000.00	R2 000.00				
5	R4 000.00	R1 500.00				
6	R3 500.00					
7	R3 000.00					
8	R2 500.00					
9	R2 000.00					
10	R1 500.00					



INCENTIVES FOR BREAKING THE ASA 10km RECORDS					
	OPEN	MEN		WOMEN	
		00:27:38	R50 000.00	00:31:13	R50 000.00
	JUNORS	MEN		WOMEN	
		00:28:40	R10 000.00	00:32:20	R10 000.00

SAMA AGE CATEGORIES WINNERS				
PRIZE MONEY PAID BY ATHLETICS SOUTH AFRICA				
Both Men & Women				
		Gold	Silver	Bronze
	35-39	R 1 500.00	R1 000.00	R500.00
	40-44	R 1 500.00	R1 000.00	R500.00
	45-49	R 1 500.00	R1 000.00	R500.00
	50-54	R 1 500.00	R1 000.00	R500.00
	55-59	R 1 500.00	R1 000.00	R500.00
	60-64	R 1 500.00	R1 000.00	R500.00
	65-70	R 1 500.00	R1 000.00	R500.00
	70-75	R 1 500.00	R1 000.00	R500.00

All prize money winners will be requested to provide **banking details**. Payment will be made after receipt of the test results from Anti-Doping Control. As per World Athletics rules, the prize money will be paid within 60 days of the receipt of results.

9. ACCREDITATION AND REGISTRATION

Upon arrival in Johannesburg, teams must go directly to their respective accommodation. The Team Managers will be required to report to the Registration Office, located at Mark Park to collect race numbers for their athletes and to do final confirmation of their teams. Registration will take place between 14:00 and 16:00.

Each athlete will be issued with one race number bibs (for front) and they will be required to wear both their ASA license numbers and age categories Tags. Timing chips will be attached to the race number bib and must not be removed.

During the competition, athletes must always wear the race number bibs in the original shape and size, properly secured on the four corners.

NOTE: Team Managers are responsible to ensure that:

- Athletes are allocated the correct **ONE** race number bib & **TWO** ASA LICENCE NUMBERS.
- Athletes are wearing the appropriate numerical age category tags, front and back. This includes “J” tags for juniors.
- Only approved Provincial colours to be worn. No clothing branding to be permitted.
- All top three category winners are present and in full team tracksuit/provincial running gear and appropriate shoes at the medal presentation ceremony. No caps will be allowed during medal presentation.

10. TEAM COMPETITION

All entrants of a province will constitute a team of whom the best 4 seniors will score in the Senior Category and 3 in other categories. Men and Women races shall be scored separately. The team results shall be decided by scoring the lowest aggregate of times recorded by the first 4 athletes in each team. The winning team will be the one with the lowest aggregate of the best 4 times in the Senior Category and 3 in other Categories. In the event of a tie, it shall be resolved in favour of the team whose (4 Senior Category and 3 in other Categories) scoring member finishes nearer the first place.

Only medals will be awarded in the team competition at the Championships in 2024. **There will be no prize money for the team competition.**

11. TECHNICAL INFORMATION

Event	:	ASA 10km Championship
Date	:	Sunday, 10 March 2024
Competition Office	:	<i>Marks Park Sports Club, Judith Rd, Emmarentia, Randburg</i>
The Course	:	Attached on page on item 14
Start & Finish	:	<i>Marks Park Sports Club, Judith Rd, Emmarentia, Randburg</i>

During the race Team Management and/or personnel may not cycle or travel by vehicle on any part of the route, but may make use of roads that are not part of the route as access points to the refreshment stations.

Parking for Provincial Team vehicles will be available. More information at the Team Managers meeting.

Teams will be responsible for their own transport to the start and from the finish and are expected to make provision for the tog bags of their athletes.

12 TEAM MANAGER'S TECHNICAL MEETING

The Team Manager's Technical Meeting will take place at the *Marks Park Sports Club, Johannesburg* on Saturday, 9 March 2024 at 16:00. Only accredited Road Running Commission Team Managers from each Province must attend. The meeting shall be conducted by the Technical Delegate of ASA with ASA RR Chair. An agenda for the meeting will be available at the meeting.

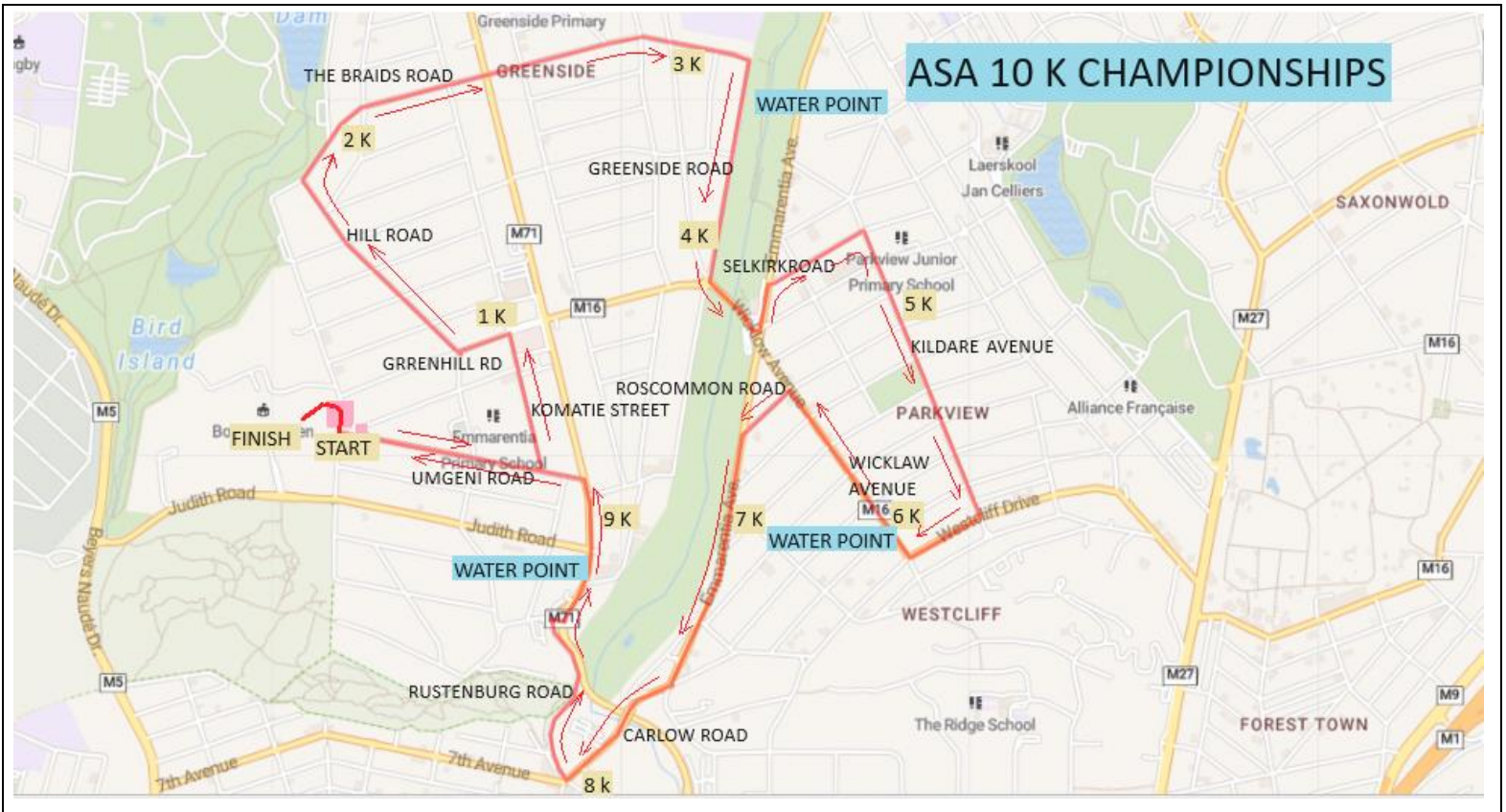
The team managers must ensure that they study the team manual before attending the team manager's technical meeting.

13. ROUTE INSPECTION

Athletes and officials will have the opportunity to visit the route prior to the competition.

It will be the responsibility of the team manager to advise ASA of their team's intention to go on an inspection of the route. This information must be communicated to ASA in writing, **by not later than Friday, 23 February 2024**. Provinces must provide own transport for the route inspection.

14. ROUTE MAP



15 REFRESHMENT STATIONS

Coke and Water will be available at refreshment stations. There will be two refreshment stations on the route where team Managers can support their athletes. Details of these refreshment stations will be made available at the Team Managers Technical Meeting.

A table will be provided at the two refreshment station for athletes' personal drinks. This will be the only locations that athletes may receive any seconding which must be from accredited Team Managers and Coaches only. The stand and hand rule will be applicable.

Team Management will be responsible for placing personal drinks on the seconding tables and will only be given access if wearing their official accreditation cards.

16. PROTESTS AND APPEALS

Any protest on the composition of a provincial team should be submitted in writing to either the ASA office on or before Monday 04 March 2024.

Any competition protest must first be made orally to the Chief Referee. If the problem is not satisfactory solved, written appeals relating to the results or progress of the race, addressed to the Jury of Appeal, must be signed by the Team Manager and accompanied by a deposit of **R500**. The appeal and deposit must be presented to the TIC within 30 minutes of the announcement of the results. The decision of the Jury of Appeal shall be published in an official manner. The claimant will receive a copy of the final decision.

17. MEDICAL SERVICES

A full medical service will be available with an ambulance along the route and one stationed at the finish.

18. ANTI-DOPING CONTROL

Anti-doping control will be conducted in accordance with the WA Procedural Guidelines for Anti-doping Control under the supervision of ASA Anti-doping Control Delegate and the SA Institute for Drug Free Sport.

On receiving written notification of a test, the athlete will be permanently accompanied by an Anti-doping Control chaperone, and shall have to report to the Anti-doping Control station within 60 minutes.

They will be allowed to first participate in any medal ceremony or press conferences before reporting to the Anti-doping Control Station

Sample collection will be carried out in compliance with existing guidelines. Professionally qualified personnel, who will explain the procedure to the athletes and make them sign a consent form, will carry out the urine test.

Athletes are entitled to be accompanied to the Anti-doping Control Centre by one person of their choice. Personal identification must be presented.

19. AWARDS CEREMONY

A medal presentation shall take place on the podium, which will be located at the finish venue, commencing at 10h00.

The following awards will be made for Men and Women:

- Individual Medals (Gold, Silver & Bronze) for the first three Open athletes
- Individual Medals (Gold, Silver & Bronze) for the first three Junior athletes
- Individual Medals (Gold, Silver & Bronze) for the first three athletes in each age category (10 Year age Categories e.g. 40-49, 50-59 etc.)

Team Category Medals

- Team Medals (Gold, Silver and Bronze) for the first three senior teams.
- Team Medals (Gold, Silver and Bronze) for the first three junior teams.
- Team Medals (Gold, Silver and Bronze) for the first three age category teams (40-49, 50-59, 60+).
- SAMA Medals (Gold, Silver & Bronze) for the first three athletes in each age category (5 Year age categories e.g. 35-39, 40-44, 45-49 etc.)

All prize money finishers shall register (confirmation banking details) for payment at the venue according to their positions and categories.

Team managers must ensure that all athletes from their province, who are expected to receive awards, report to the prize giving area at 09:30.

20. TRAVEL AND ACCOMMODATION

Travel and accommodation for teams are the responsibility of Provinces.

21. CONTACT DETAILS

ATHLETICS SOUTH AFRICA

Thabang Maleka

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