

# TEAM MANUAL



**2018**

## ASA NATIONAL HALF MARATHON CHAMPIONSHIPS

Hosted by Eastern Province Athletics

*The Athletics South Africa Half  
Marathon Championships will take  
place at Pollock Beach,  
Summerstrand, Port Elizabeth on  
Saturday, 28 July 2018*

*The ASA Half Marathon  
Championships will be hosted in  
conjunction with the CAA SR Half  
Marathon and the Nelson Mandela  
Bay 21.1km race presented by  
Eastern Province Athletics*

*Closing date for Provincial entries is  
Monday, 16 July 2018*

## TABLE OF CONTENTS

1.	INTRODUCTION .....	3
2.	ENTRIES .....	3
3.	QUALIFYING STANDARDS .....	4
4.	MASTER ATHLETES .....	4
5.	ENTRY FEE .....	4
6.	GENERAL PROGRAMME .....	5
7.	ACCREDITATION AND REGISTRATION .....	6
8.	TEAM COMPOSITION .....	7
9.	TECHNICAL INFORMATION .....	7
10.	TEAM MANAGER'S TECHNICAL MEETING.....	7
11.	ROUTE INSPECTION .....	8
12.	REFRESHMENT STATIONS .....	8
13.	PROTESTS AND APPEALS .....	8
14.	MEDICAL SERVICES .....	8
15.	ANTI-DOPING CONTROL .....	9
16.	AWARDS CEROMONY .....	9
17.	TRAVEL AND ACCOMMODATION .....	10
18.	CONTACT DETAILS .....	10

## 1. INTRODUCTION

The ASA National Half Marathon Championships will take place on Saturday, 28 JULY 2018 at Pollock Beach, Summerstrand, Port Elizabeth. It is a competition for both Men and Women, and is open to all ASA Member Provinces and Associate Members including Countries in the Southern Region. The ASA National Half Marathon Championships will be hosted in conjunction with the NMB 21km race presented by Eastern Province Athletics.

Again ASA will join hands with the South African Masters Association (SAMA) and the CAA Southern Region and it will be a combined championship . SAMA age categories will be implemented and all Master athletes will receive SAMA medals on which SAMA will keep all records up to date for the SAMA age categories. Medals will also be given for the Southern Region Championships

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

## 2. ENTRIES

The Championship race is a closed competition for provincial athletes only and will start together with the open race. All athletes will compete for the prize money offered by the organisers of the open race. No individual athletes will be allowed to enter the Championship race, but they can enter the open race. The ASA Championship titles and medals (Men & Women) will be awarded to the first South African athlete who will be representing his/her province to cross the finish line.

All provincial athletes must be licensed athletes for 2018. At registration, Team Managers might be requested to provide copies of ID-books (or passports) of athletes for checking of ages.

Athletes not selected to represent a province can enter the open race as individuals. These entries are done with the LOC and the individual athletes must pay their own entry fee as stipulated 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 that province and may not enter as an individual. Individually entered athletes must compete in their registered club colours or any unbranded kit.

### 3. QUALIFYING STANDARDS

All provincial entries will be scrutinized against the following qualifying standards to be reached at a road race during the period **1 January 2018 to 5 June 2018**.

Open Men	1:15:00	Open Women	1:45:00
Men 40-49	1:25:00	Women 40-49	1:55:00
Men 50-59	1:40:00	Women 50-59	2:00:00
Men 60+	1:55:00	Women 60+	2:00:00
Junior Men	1:25:00	Junior Women	1:55:00

If a provincial member would like to enter an athlete/athletes that did not run a qualifying race, the entry must be fully motivated.

### 4. 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 ID-tags during the race.

**5. ENTRY FEE**

The entry fee for provincial athletes will be R80 per athlete and is payable to the LOC into the following bank account:

Bank Name : ABSA Bank  
 Branch : Newton Park  
 Branch Code : 632 005  
 Account Name : EP Athletics  
 Account Number : 010 4283 1383  
 Reference : 21km Championships - "Members Name"

Please provide proof of payment with your entries.

The closing date for provincial entries for the ASA National Half Marathon Championships is by the close of business on Thursday, 05 July 2018 . NO LATE ENTRIES WILL BE ALLOWED Provincial entries must be done on the attached entry form and must be forwarded to the ASA office for attention Mehlo Hlabangane ([mehloh@athleticsa.co.za](mailto:mehloh@athleticsa.co.za)).

**6. GENERAL PROGRAMME****TEAM ARRIVAL: Friday, 27 JULY 2018**

Time	Activity	Venue
14:00-16:00	Collection of race numbers and registration	Summerstrand Surf Lifesaving Club, Port Elizabeth
16:00	Team Managers Technical Meeting	Radisson Blu Hotel

17:00	Route Inspection	Pollock Beach, Summerstrand
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### PRIZE MONEY FOR SA 21KM CHAMPS – 2018

	OPEN	40+	50+	60+	70+
1	R25 000	R600	R600	R600	R600
2	R15 000	R400	R400	R400	R400
3	R10 000	R300	R300	R300	R300
4	R5 000				
5	R4 000				
6	R3 000				
7	R2 000				
8	R1 000				
9	R500				
10	R300				

### TEAMS:

#### Senior Team

#### Veterans Team

1 R500 X 3  
2 R400 X 3  
3 R300 X 3

1 R500 X 3  
2 R400 X 3  
3 R300 X 3

**SA Record: R 10 000 (Man & Woman)**

**Man: 59:19 (SA Record)**

**Woman: 66:44 (SA Record)**

**RACE DAY : Saturday, 28 July 2018**

Time	Activity	Venue
07:00	Start of the 21.1km Championship	Pollock Beach, Summerstrand
09:00	Start of the 5km	Pollock Beach, Summerstrand
10:30	Victory Ceremony	Pollock Beach, Summerstrand
12:30	Departure of teams	

## 7. ACCREDITATION AND REGISTRATION

Upon arrival in Port Elizabeth, teams must go directly to their respective accommodation. The Team Managers will be required to report to the Registration Office, located at Summerstrand Surf Lifesaving Club, Port Elizabeth. Registration will take place between 14:00 and 16:00.

Each team will be issued with the event accreditation. The accreditation cards must be worn visibly and must be presented upon request. The cards are not transferable.

**NOTE: Team Managers are responsible to ensure that:**

- **Athletes are allocated the correct race number bibs on condition that they can prove that the athlete is licenced refer to the entry form**

- **Athletes are wearing the appropriate age category tags front and back for the championship category they have entered.**
- **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 allowed.**

## 8. TEAM COMPETITION

All entrants of a province will constitute a team of whom the best four will score. 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 four athletes in each team. The winning team will be the one with the lowest aggregate of the best four times. In the event of a tie, it shall be resolved in favour of the team whose fourth scoring member finishes nearer the first place.

## 9. TECHNICAL INFORMATION

<b>Event</b>	:	ASA National Half Marathon Championships
<b>Date</b>	:	Saturday, 28 July 2018
<b>Competition Office</b>	:	Summerstrand Surf Lifesaving Club, Port Elizabeth
<b>GPS Co-ordinates</b>	:	33° 59' 06" S ; 25° 40' 16" E
<b>The Course</b>	:	Will have a 3.5km out and back loop followed by a circular northern loop And the a repeat of the 3.5km
<b>Start &amp; Finish</b>	:	Pollock Beach, Summerstrand, Port Elizabeth

During the race Team Management and/or personnel may not travel by vehicle on any part of the route. There will be a refreshment station near the finish where the athletes will pass. Team Managers with special drinks will only be allowed at appointed refreshment station. This will be at 7km and 14km

Parking for Provincial Teams 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.

## 10. TEAM MANAGER'S TECHNICAL MEETING

The Team Manager's Technical Meeting will take place at Radisson Blu Hotel, Port Elizabeth, on Friday, 27 July 2018 at 16:00. At least one Team Manager from each Province must attend. The meeting shall be conducted by the Technical Delegate of ASA. An agenda for the meeting will be available at the meeting.

## 11. 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 Thursday, 19 July 2018**. Provinces must provide own transport for the route inspection.

## 12. REFRESHMENT STATIONS

Coke and Water will be available at refreshment stations. Details of refreshment station for Team Managers will be made available at the Team Managers Technical Meeting.

A table will be provided at only two refreshment station, for athletes' personal drinks. Athletes will pass this station and this will be the only location that athletes may receive any seconding which must be from accredited Team Managers and Coaches only. That will be at 7km and 14km ONLY

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.

### 13. 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, 23 July 2018, or to the ASA Technical Delegate before 16:00 on Friday, 27 July 2018.

Any competition protest must first be made orally to the Chief Referee. If the problem is not satisfactorily 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.

### 14. MEDICAL SERVICES

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

### 15. ANTI-DOPING CONTROL

Anti-doping control will be conducted in accordance with the IAAF 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.

## 16. AWARDS CEREMONY

A medal presentation shall take place on the podium, which will be located at the finish venue, commencing at 11:30.

The following awards will be made for South African Athletes (Men and Women):

- SAMA medals (Gold, Silver & Bronze) for the first three athletes in each age category
- ASA will give medals to 40/50/60/70 in each age category
- Team Medals (Gold, Silver and Bronze) for the first three teams (Seniors and Juniors)
- Individual Medals (Gold, Silver & Bronze) for the first three Junior athletes
- Individual Medals (Gold, Silver & Bronze) for the first three athletes in the Open category

All prize money finishers shall register 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 11:00.

Athletes not present at the ceremony will forfeit their medals and prize money

Athletes not wearing the correct clothing during the ceremony will also be disqualified (rule 25:16:4)

## 17. TRAVEL AND ACCOMMODATION

Travel and accommodation for the team is the responsibility of the Province. There are several hotels situated within 2,5km from the venue and for accommodation options please contact the Nelson Mandela Bay Tourism on 041 582 2575.

## 18. CONTACT DETAILS

ATHLETICS SOUTH AFRICA

Mehlo Hlabangane

Tel: (011) 880 5800

Cell: 082 990 9470