



ATHLETICS SOUTH AFRICA NPC
Athletics House, No. 3, 11th Avenue, Houghton Estate, Johannesburg, 2198
Tel: (+27) 11 880 5800 Fax: (+27) 11 788 6872 / (+27) 11 442 3091
P O Box 2712, Houghton, 2041; www.athletics.org.za

To: ASA Members
From: ASA Office
Date: 26 May 2023
No pages: 1 + 2 Attachment

Dear ASA Members

CIRCULAR 18 OF ASA 2023 – TEAM MANUAL FOR 2023 ASA 5KM CHAMPIONSHIPS

The 2023 ASA 5km Championships will take place at Nasrec, FNB Stadium in Johannesburg on Saturday, 17th June 2023.

Provinces should kindly note that all athletes that are entered for ASA Championships should be licensed.

Kindly receive the following information in this circular:

1. Team Manual ASA 2023 5km Championships
2. Entry form – 2023 ASA 5km Championships

Kind Regards,

TERRENCE MAGOGODELA
ASA ACEO
(*Not signed due to electronic sending*)

James MOLOI (President) Shireen NOBLE (Vice President)
Jean VERSTER (Chair Track & Field) Hendrick MOKGANYETSI (Chair Athletes)
Norma NONKONYANA (Additional) Ntathu GWADISO (Additional)

Jakes JACOBS (Chair Cross Country) Enoch SKOSANA (Chair Road Running)
Esther MALEMA (Additional) Adelina RANTHIMO (Additional)
Jazz MNYENGEZA (USSA Rep) Sabata KUMALO (SASA Rep)

Mervyn KING

Honorary Members:
Mluleki GEORGE

Board Members

TEAM MANUAL



2023

SOUTH AFRICAN 5KM CHAMPIONSHIPS

HOSTED BY CENTRAL GAUTENG ATHLETICS

*The South African 5km
Championships will take place at
the NASREC, Johannesburg, on
Saturday, 17 June 2023*

*The SA 5km championships will be
hosted in conjunction with the
Central Gauteng Athletics*

*Closing date for provincial entries is
Monday, 05 June 2023*

TABLE OF CONTENTS

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

1. INTRODUCTION

The SA 5km Championships will take place on Saturday, 17 June 2023 at the NASREC, Johannesburg. It is a competition for both Men and Women, and is open to all ASA Member Provinces and Associate Members. The SA 5km Championships will be hosted In conjunction with Central Gauteng Athletics.

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 on which SAMA will keep all records up to date for the SAMA age categories.

All athletes must be 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. THE RACE

The ASA 5km Championships race will be a separate race starting as follows:

- 08h05 Junior Girls
- 08h30 Junior Boys
- 08h55 Elite Women
- 09h20 Elite Men and Mass Participation Race
- 09h40 Prize Giving

3. ENTRIES

- The ASA Championships race is a closed competition only for athletes selected by the ASA Provincial and Associate Members.
- All athletes must be licensed athletes for 2023.
- National athletes must compete for the Province where they are domiciled and licensed.
- The advertised prize money offered by ASA will be paid to provincial athletes in their finishing order.
- The SA Championship titles and medals (Men & Women) will be awarded to the first South African 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 mass participation race starting at 09H20. These entries are done online at <https://secure.onreg.com/onreg2/front/step1.php?id=6079> 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 Championships race.

4. QUALIFYING STANDARDS

For the SA 5km Championships there are no set qualifying standards, but we accept that all selected Open and junior male athletes will finish the race in 20 minutes and all Open and junior female athletes will finish in 25 minutes. All other categories should be able to finish within 30 minutes for men and within 35 minutes for women.

All provincial entries will be scrutinized against the following qualifying standards to be reached at a road race / track & field events during the period 1 January 2023 to 04 June 2023.

	Inland	Costal		Inland	Costal
Open Men	16:00.00	15:49.50	Open Women	18:00.00	17:49.50
Men 40-49	18:00.00	17:49.50	Women 40-49	19:00.00	18:49.50
Men 50-59	21:30.00	20:00.00	Women 50-59	22:00.00	21:30.00
Men 60-69	23:00.00	22:30.00	Women 60-69	24:00.00	23:30.00
Men 70+	25:00.00	24:30.00	Women 70+	26:30.00	25:00.00
Junior Men	18:00.00	17:49.50	Junior Women	19:00.00	18:49.50

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 ID-tags during the race in order to qualify for the SAMA medals.

6. ENTRY FEE

The entry fee for provincial athletes will be **R80** 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 :	"Members Name" & 5km Champs

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 5km Championships is by the close of business on Monday, 05 June 2023. 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).

7. GENERAL PROGRAMME**TEAM ARRIVAL: Friday, 16 June 2023**

Time	Activity	Venue
14:00-16:00	Collection of race numbers and registration	FNB Stadium, Nasrec-Johannesburg
16:00	Team Managers Technical Meeting	Main Auditorium, FNB Stadium
17:00	Route Inspection	

RACE DAY : Saturday, 17 June 2023

Time	Activity	Venue
08h05	Start of 5km Junior Girls (Provincial entries)	FNB Stadium
08h30	Start of 5km Junior Boys (Provincial entries)	
08h55	Start of 5km Elite Women (Provincial entries)	
09h20	Start of 5km Elite Men race (Provincial entries) and Mass participation race	
09h40	Victory Ceremony Championships	
10:00	Departure of teams	

8. PRIZE MONEY

ASA 5km CHAMPIONSHIPS PRIZE MONEY (MALE & FEMALE)						
POSITION	OPEN	JUNIOR	40-49	50-59	60-69	70+
1	R5000	R2000	R2000	R1500	R1500	R1500
2	R4000	R1500	R1500	R1000	R1000	R1000
3	R3000	R1000	R1000	R500	R500	R500
4	R2000	R500				
5	R1000	R400				

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 NASREC 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 two race number bibs (front and back) and will NOT be required to wear their ASA license numbers. Timing chips will be attached to the race number bibs 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 race number bibs.
- Athletes are wearing the appropriate age category tags, according to their age, front and back. This includes “J” tags for juniors.
- 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.

10. 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 favor of the team whose fourth scoring member finishes nearer the first place.

Only medals will be awarded in the team competition at the Championships in 2023. There will be no prize money for the team competition.

11. TECHNICAL INFORMATION

Event	:	ASA 5km Championships
Date	:	Saturday, 17 June 2023
Competition Office	:	CGA Office
The Course	:	Attached on page 10
Start & Finish	:	NASREC

During the race Team Management and/or personnel may not 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

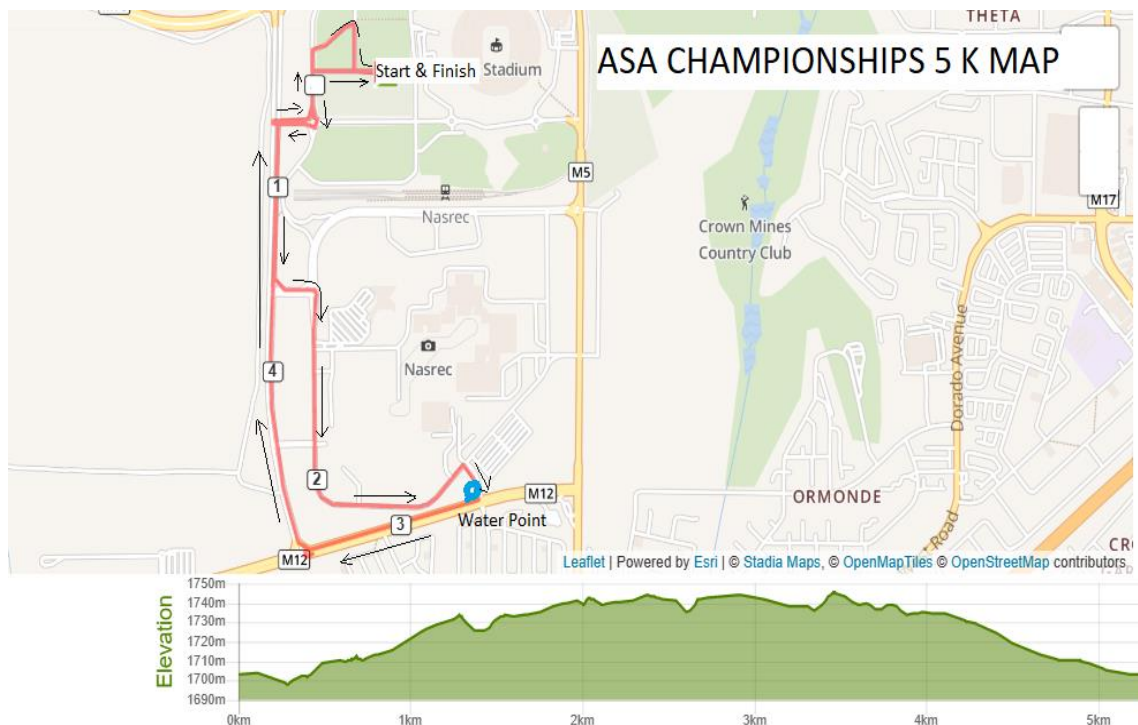
The Team Manager's Technical Meeting will take place at the Main Auditorium, FNB Stadium in Nasrec on Friday, 16 June 2023 at 16:00. At least one and not more than Two Team Manager from each Province must attend the meeting. The meeting shall be conducted by the Technical Delegate of ASA. An agenda for the meeting will be available at the 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 09 June 2023**, 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 one 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 one 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 Tuesday, 13 June 2023, or to the ASA Technical Delegate before 16:00 on Friday, 16 June 2023.

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 09:40.

The following awards will be made for Men and Women:

- Individual Medals (Gold, Silver & Bronze) for the first three athletes
- Individual Medals (Gold, Silver & Bronze) for the first three Junior athletes
- Team Medals (Gold, Silver and Bronze) for the first three teams
- SAMA Medals (Gold, Silver & Bronze) for the first three athletes in each age 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 09h10.

20. TRAVEL AND ACCOMMODATION

Travel and accommodation for the teams are the responsibility of the Provinces.

N.B. When making booking please consider the Prize Giving time schedule.

21. CONTACT DETAILS**ATHLETICS SOUTH AFRICA**

Mr. Thabang MALEKA

Tel: (011) 880 5800

Email: thabangm@athleticsa.co.za

Mass Participation / Open Race

Mr. Mandla RADEBE

Tel: (011) 873 2726

Email: mandla@centralgautengathletics.co.za
