



## ROODEPOORT AC Virtual Run 5 / 10Km

Thank you for entering the Roodepoort AC Virtual Road Race which will be held throughout September 2021.

This is a virtual event and can be done anywhere in the world however must be completed in September 2021.

### Race Number Download

[Click here to download your Race Number](#)

Search for your name and click on the Race (Bib) Number to download

**You don't need to wear your race number however please feel free to print and wear when doing your run.**

Some browsers may give a warning on download, the attachment is a pdf and perfectly safe.

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### Event Timing

We will be using STRAVA to time this event or alternatively your results can be manually uploaded for you.

Please download the Strava Instruction Manual which will guide you to set up a STRAVA profile, how to link your entry to STRAVA and lastly submit your results.

[Download the Strava Instruction Manual for Results](#)

### To ensure you have the best run possible:

- We encourage you to **run your own route**.
- If you want to run our route starting at Northgate Shopping Centre, Entrance 4, you are welcome to do so as long as you help to limit numbers on the route (see details below).
- Your **race number is attached**. It is not compulsory to wear it on your run.
- Once you have finished your run **please upload your time** as per instructions below to see your name on the leaderboard.
- You can collect your buff and coffee voucher any Saturday or Sunday (4 - 26 September) between 7am and 9am from Northgate Shopping Centre, Entrance 4. No collections will be available after 26 September.

### How to ensure **safety on the route**:

- You can run the route **ANY day** between 1 and 30 September, not only over the weekends.
- **No registration** is necessary to avoid gatherings of any kind.
- The route will be marked from Saturday 4 September but please take care as you run on some busy roads and there are **no marshals and no road closures**.
- Please try and start at off-peak times as you can run any time of the day between 6am and 6pm.
- Please wear a mask or buff when collecting your buffs and / or vouchers. If you are feeling unwell, please avoid running or coming to the collection point.
- Please bring your own hydration. There will be no water points on the route or at the finish.
- Please don't run in groups.

### Route maps:

[10Km](#)[5Km](#)

### GPX Files:

[10Km](#)[5Km](#)

### Collection of race packs:

Bring a printed copy of your proof of payment and a sign copy of the indemnity form and hand info on collection of your race pack.

[Indemnity Form](#)

If you have a GPS Watch with a navigation feature then you can download the GPX route – we have links on how to upload the route to your watch below. Otherwise you can print the map or open it in either in the MapmyRun or Strava app on your phone

If you have a Garmin device [open this link](#) for instructions.

You can download the route for any other device by clicking/tapping the ●●● from the Garmin Connect page  
Check out these links for uploading GPX to [Polar](#) or [Suunto](#) Devices

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### Manual Uploads

Should you prefer not to make use of Strava to do your tracking, you are more than welcome to manually upload your results. Follow the below process to quickly and easily record your race.

Click on "Manually Submit Results" button below and complete the form.

[Manually Submit Results](#)

If you can't upload your result, please email [admin@peaktiming.co.za](mailto:admin@peaktiming.co.za) with your Name, Surname, ID number, Event Name, Distance Completed and Time.

Please make sure all results have been uploaded by Wednesday 6 October 2021.  
Final results will be available on Friday 8 October 2021.

**[Go to Results Page](#)**

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### **General Information**

All participants must adhere to all COVID-19 health and safety protocols.