

# RAC 10km ROAD RACE

## SUNDAY 29 MAY 2022

TIME - RUN 8:00AM  
TIME - WALK 8:10AM

SPONSORED BY  
  
**the sweat shop**



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8:00AM

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OLD PARKTONIAN CLUB, 1 GARDEN ROAD BORDEAUX

**FREE  
"UTILITY BAG"**  
First 1000 Entries\*

**Electronic  
Time-Keeping**  
No chip necessary  
Timing strips provided by  
organisers

**ENTRY FEE**  
**R150**  
ENTRIES ON RACE DAY  
FROM 6:30am R180

**Unlicensed Athletes:**  
R150 + R 30 Temporary Licence

**CONCESSION ENTRIES:**  
**Over 60's:** R100 pre-entry plus Utility Bag  
**Over 70's:** Only FREE on Saturday 28th or Sunday  
29th - to enter in person  
**Blind Runners:** FREE (RACE DAY ONLY)

**PRE-ENTRY: ONLINE - BEFORE 24 MAY 2022**  
**THE SWEAT SHOP - BEFORE 27 MAY 2022**

Online Entry Collection 27 May 2022 from 09:30  
to 17:00 at The Sweat Shop Dunkeld. Venue  
Collection Saturday 28 May from 10:00 to 16:00  
or from 06:30 On race day.

**SEEDS START FOR SUB 34 MINUTE  
ATHLETES - ENTER AT SEEDS TABLE**

Prize list & Incentive prizes.  
Walkers separate "start time" & finish.  
Certified course.  
Sub 34min seeded pen for men.  
Separate start for ladies.  
Separate finish for Walkers.



Rand Athletic Club

**ENQUIRIES: (011 442 8256)**



**PLEASE SUPPORT  
OUR LOCAL CHARITY**

**"ONE SMALL ACT OF KINDNESS"**  
They provide food daily to needy people in the Bordeaux area

## PRIZES

All Athletes can win overall prize and one other age category prize depending on age tag worn.

Prizes	PRIZE GIVING 09:30 (limited to sub 40 min finisher)		PRIZE GIVING 10:00 - Remaining categories and walkers						
	Open Men & Women		Men & Women 40+	Men & Women 35-39	Men & Women 50+	Men & Women 60+	Men & Women 70+	Men & Women 80+	Male & Female 19 & Under
1	R1500		R 500	R 500	R 400	R 400	R 300	R 300	R 300
2	R1000		R 300	R 300	R 250	R 250	-	-	R 200
3	R 750		R 200	R 200	R 50	R 50	-	-	-

Incomplete race number tear off strips - no prize / No Age tag - no prize. Proof of age required on race day.

RECORD INCENTIVES PRIZES			WALKERS PRIZES		
				1st	2nd
	SUB	SUB	Men	R 300	R 200
	29.19	34.03	Women	R 300	R 200
Pos	Open	Open	Men 40 +	R 200	R 150
	Men	Women	Women 40 +	R 200	R 150
1st	R 600	R 600	Men 50 +	R 200	R 150
2nd	R 400	R 400	Women 50+	R 200	R 150
3rd	R 200	R 200	Men 60 +	R 200	R 50
			Women 60 +	R 200	R 50
			Junior 19 & Under Male	R 300	R 200
			Junior 19 & Under Female	R 300	R 200

### Course Records :

- **MEN 29:19 SHADRACK HOFF (2003)**
- **VETS 31:07 ERNEST TJELA (1995)**
- **LADIES 34:03 LEBO PHALULA (2009)**

### Rules

- The race is run under the rules of ASA, CGA .
- All runners participate at their own risk.
- Registered athletes must be members of a club affiliated to ASA and wear official club colours.
- 2022 licences to be worn front & back – wear both licences.
- Race Number to be worn on top of front Licence number.
- **Athletes details to be completed fully on "tear-off" label to be eligible for prizes.**
- Temporary licenced athletes must wear plain clothing & the issued temporary licence number on the back of the vest.
- Seeded runners to wear special race numbers supplied on the day.
- Minimum age is 15 years.
- Age category ID Tags must be worn visibly front & back of vest. (Juniors to wear "J"). Temporary licenced athletes are eligible for age group prizes if relevant tag is worn.
- Proof of age must be provided on race day if requested.
- Due to the terrain, no wheelchairs can be permitted.
- No pets permitted on route.
- No earphones/ ipods are allowed to be worn.
- No seconding necessary on route – 2 drinks tables on route.
- Objections to be lodged within 30 minutes after prize-giving.
- International athletes to provide clearance letter to referee in the event of winning a prize.

- Traffic officers and official's instructions must be obeyed.
- **Entry fee is non-refundable. No refund if event is cancelled for any reason whatsoever.**
- Athletes to dispose of litter into appropriate bins.

### Information

- Athletes indemnify the national, provincial, regional bodies, sponsors & organisers against any action arising from their participation in the race.
- Athletes must ensure they are medically fit to participate.
- No blades, cyclists or mechanically operated devices allowed in the race.
- Tog Bag area available - RAC & sponsors not liable for any losses.
- Refreshment tables at 3km & 7km with coke & water.
- Race Results will be available on [www.results.fishtime.co.za](http://www.results.fishtime.co.za) (on race day for pre-entries only. Late entrants' results will be available via race number search on race day or via name by 4 June 2022. Note results will not be available from the sponsors nor organising club.
- Cut off time of 2 hours.
- Electronic time-keeping by Finish time. Timing strips provided on race number by organisers (No chip is needed)

# 2022 RAC 10km ROAD RACE ENTRY FORM

SURNAME: \_\_\_\_\_

FIRST NAME: \_\_\_\_\_

ID NO: \_\_\_\_\_

AGE: \_\_\_\_\_ DOB: \_\_\_\_\_

CELL: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

CLUB: \_\_\_\_\_

LICENCE NO: \_\_\_\_\_ PROVINCE: \_\_\_\_\_

EMERGENCY CONTACT NAME: \_\_\_\_\_

RELATIONSHIP: \_\_\_\_\_  
(Wife/husband/friend etc)

CONTACT CELL: \_\_\_\_\_

CHARITY DONATION:  
ONE SMALL ACT OF KINDNESS

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### PRE-ENTRIES AVAILABLE AT:

1. **The Sweat Shop – Dunkeld – Cnr Bompas and Jan Smuts Ave in Shopping Centre**
2. **CGA Road Events during April & May**
3. **CGA Cross Country events during May**
4. **RAC Time Trials on a Tuesday between 4.30pm & 7.00pm**
5. **On line entries at – [www.entrytime.com](http://www.entrytime.com)**