

RAC 10km -ROAD RACE- SUNDAY, MAY 26TH 2024

TIME – RUN TIME – WALK

8:00AM

8:10AM

SPONSORED BY



the sweat shop
SPECIALIST • SPORTS • SHOES



CENTRAL GAUTENG
ATHLETICS



CENTRAL GAUTENG
ATHLETICS

Incorporating CGA Walker's League

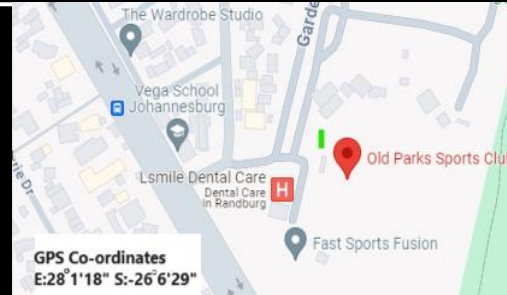
PLEASE SUPPORT A COMRADES RUNNER

SEEDING START FOR SUB 34 MINUTE
ATHLETES – ENTER AT SEEDING TABLE
Prize list & Incentive prizes.
Walkers separate start- & finish time.
Certified course.
Sub 34min seeded pen for men.
Separate start for ladies.
Separate finish for walkers.



RAC
Rand Athletic Club

Enquiries:
Lauren Rolfe
082 327 0031



RAC 10km ROAD RACE

SUNDAY
MAY 26th, 2024

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

First 1500 Finishers

OLD PARKTONIAN CLUB, 1 GARDEN ROAD BORDEAUX

ENTRY FEE

R200

Entries on Race Day
From 06:30am

**Electronic
Time-Keeping**

*No chip necessary
*Timing strips
provided by organizers

UNLICENSED ATHLETES:
R200 + R60 Temporary License

CONCESSION ENTRIES:
Over 70s: R150
Juniors: R180
Blind Runners: Free (Race Day only)

PRE-ENTRY: ONLINE BEFORE MAY 22nd, 2024

Online Entry Collection May 22nd, 2024, from 9:30 to 17:00 at
Old Parktonian's Sports Club. Venue collection May 23rd,
2024, 10:00 to 16:00 or from 6:30 on Race Day.

PLEASE SUPPORT A COMRADES RUNNER

PRIZES

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

PRIZE GIVING 09:30 (limited to sub 40min finisher)		PRIZE GIVING 10:00 (remaining categories and walkers)					
Prizes	Open Men & Women	Men & Women 40+	Men & Women 50+	Men & Women 60+	Men & Women 70+	Men & Women 80+	Male & Female 19 & Under
1	R1600	R400	R400	R400	R400	R400	R400
2	R1200	R300	R300	R300	R300	R300	R300
3	R800	R200	R200	R200	R200	R200	R200

Incomplete race number tear off strip - no prize | No age tag - no prize | Proof of age required on race day

RECORD INSENTIVE PRIZE			WALKERS PRIZES		
Position	SUB 29.19	SUB 34.03		1st	2nd
	Open Men	Open Women	Men	R400.00	R200.00
1st	R2,000.00	R2,000.00	Women	R400.00	R200.00
			Men 40+	R300.00	R150.00
			Women 40+	R300.00	R150.00
			Men 50+	R300.00	R150.00
			Women 50+	R300.00	R150.00
			Men 60+	R300.00	R150.00
			Women 60+	R300.00	R150.00
			Junior Male 19 & Under	R400.00	R200.00
			Junior Female 19 & Under	R400.00	R200.00

Course Records:

Men - 29:19 SHADRACK HOFF (2003)
 Women - 34:03 LEBO PHALULA (2009)
 Vets - 31:07 ERNEST THELA (1995)

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 must wear official club colors
- 2024 Licenses to be worn front & back – wear both licenses
- Race number to be worn above front license number
- Athlete details to be completed fully on “tear-off” label to be eligible for prizes
- Temporary licensed athletes must wear plain clothing & the issued temp license 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 licensed 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 drink tables on route
- Objections to be lodged within 30 minutes after prize giving
- International athletes to provide clearance letter to referee
- Traffic officers and officials’ 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 & organizers 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.peaktiming.co.za
- Cut off time of 2 hours
- Electronic time-keeping by timing strips provided on race number by organizers (no chips needed)

2024 RAC 10km ROAD RACE ENTRY FORM

SURNAME: _____

FIRST NAME: _____

ID NO: _____

AGE: _____ DOB: _____

CELL: _____

E-MAIL: _____

CLUB: _____

LICENSE NO: _____ PROVINCE: _____

EMERGENCY CONTACT

NAME: _____

RELATIONSHIP: _____
(Wife/Husband/Friend etc.)

CONTACT NO: _____

CHARITY DONATION - IN SUPPORT OF A COMRADES RUNNER



Pre-entries available at RAC Time Trails on a Tuesday between 17:30 & 19:00

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