

# VITALITY

# RUN SERIES

JOHANNESBURG

## Randburg Harriers Challenge

5KM | 10KM | 21.1KM

Randburg Harriers Running Club, Randburg Sports Complex  
Corner Republic Rd and Silver Pine Ave

#VitalityRunSeries

Discovery Vitality (Pty) Ltd. Limits, Ts&Cs apply.

Get a jump start on that summer body and join the Randburg Harriers Challenge in partnership with Discovery Vitality. Complete five of the most iconic races in Joburg and earn Vitality points. This is race 4 of 5 in this series, be sure to earn all 5 medals

### RACE OVERVIEW

This is race 4 of 5 in the Series. Fun for the whole family with music and fabulous food vendors to enjoy after your race. Option of 21.1km, 10km and 5km routes. Best get stuck into those hill repeats so you can slay the hills of Randburg because everyone knows we have the hills.

### GENERAL INFORMATION

- Spot prizes up for grabs
- Race entries limited to 4 500
- Electronically timed event
- Parking will be available at Randburg Sports Complex and surrounds
- Additional parking will be advertised on Facebook closer to the event.
- Race photographs by SMacPix Event Photography for purchase after the event
- Great Grandmaster & Blind runners, get to collect your free entry at race collection
- No substitutions on race day



### START TIMES

Distance	Start time	Minimum age
21km	07h30	16 years
10km	07h30	15 years
5km	07h40	No limit*

\*Please note that supervision is required for participants under 9 years old.

### ENTRY PROCESS

Entries	Where	Open	Close
Online (online fees may apply)	www.peaktiming.co.za/entries	03 May 2022	25 July 2022
Shop entries (Please make use of the manual entry form)	Sportsmans Warehouse Cresta Sweatshop Dunkeld	14 June 2022	25 July 2022
Randburg Harriers (limited entries)	Randburg Harriers Clubhouse	Time Trial evenings (Thursdays 21 July 17h00 - 19h00)	28 July 2022
Pre-entry collections	Randburg Harriers Clubhouse	28 July: 17h30 - 19h00 29 July: 16h00 - 19h00 30 July: 11h30 - 17h00	31 July 2022: 05h00 - 07h00 (30 minutes before race start)

### VITALITY POINTS

Discovery Vitality members receive bonus fitness points for completing the race (applicable to each race in the series)

Distance	Vitality fitness points
5km	800 points
10km	1 100 points
21.1km	2 000 points

Terms, conditions and limits apply


### ENTRY FEES

Entry fees	21.1km	10km	5km
Online entry R200	R200	R150	R100
Grandmaster	R100	R75	R100
Temporary licence	R35	R30	R30
Substitutions (28-30 July 2022 only)	R50	R50	R50
Great Grandmaster	Free entry at entry collection		
Blind athletes	Free entry at entry collection		
Upgrades	Difference in price		
Late entry fee	Entry +R20		

## PRIZE GIVING - Starts at 09:30

21.1km Male & Female	Open	40 – 49 years	50 – 59 years	60 – 69 years	70+ years	80+ years	Junior
<b>Positions</b>							
1	1250	700	500	350	250	250	350
2	750	500	350	250			300
3	450	400	250				250
<b>10km (Male &amp; Female)</b>							
1	600	400	250	200	200	150	250
2	500	300	150	150			200
3	400	200	100				150

## ENQUIRIES


 [www.randburgharriers.co.za](http://www.randburgharriers.co.za)

 E: [secretary@randburgharriers.co.za](mailto:secretary@randburgharriers.co.za)

 T: Michelle Knotzer | 079 844 7156

 @RandburgH

 Randburg Harriers Running Club

 @randburgharriers

For Vitality members: I hereby consent that PeakTiming will share my data with Discovery Vitality for the purpose of awarding Vitality points.

Yes

No

For Vitality members: I hereby consent that PeakTiming will share my data with Discovery Vitality for the purpose of entry into the Garmin competition.

Yes

No

## COVID-19 Requirements

- Participants to present vaccination certificates when collecting entries or a negative PCR / antigen test (not older than 72hours of race day)
- Club gazebos allowed depending on COVID-19 restrictions at the time of the race

## Race Rules

- The event is held under the rules of ASA and CGA.
- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
- All athletes participate at their own risk. Athletes acknowledge that by entering the event they are medically fit to participate. All athletes must supply the name and contact number of their next of kin on both the race number and entry form.
- Licensed athletes must wear club colours and their 2022 licence number on the back and front of their vest, with the race number worn on the front of vest. Licensed athletes who do not wear their 2022 licence numbers must purchase a temporary licence on the day or face disqualification.
- Temporary licenced athletes must wear plain clothing with the issued temporary licence on the back of their vest.
- Athletes competing for category prizes must wear clearly visible age tags of the appropriate size, on the back and front of their running vest.
- No seconding allowed.
- International athletes must provide a clearance letter (from their country of origin) to the organisers and chief referee prior to the start of the event. Prizes will be withheld if this rule is not adhered to.
- No blades, cyclist or mechanically operated devices allowed in the race.
- No 2, 3 or 4 wheel carts/prams, which are mechanically or manually operated by participants, or wheelchairs athletes will be permitted to participate without special permission granted by the race organiser. All such participants must start at the back of the field.
- No animals/pets are allowed to participate.
- Only South African athletes are eligible for team prizes.
- The domicilium rule apply.
- All instructions from traffic and race officials must be obeyed at all times.
- Prize winners must present their proof of age to the referees before the prize giving. Prizes will be withheld until all the necessary details of the winners are confirmed.
- Only those who have completed all the information required on the race entry/number are eligible for prizes.
- No refunds.
- No earphones, iPods and similar devices are allowed, as they are in contravention of IAAF rule 144.2b and may lead to disqualification.
- Athletes may not run with another athlete's race number unless a prior arrangement is made with the race organiser.
- The race organiser retains the right to refuse entry and reject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission.
- Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge. Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a CGA disciplinary.
- Licensed athletes not wearing club colours may face disqualification.
- Littering is not allowed. Athletes are to dispose of any litter in appropriate bins and can be disqualified if they litter.
- Minimum age for participation: 21.1km | 16 years old and 10km | 15 years old.
- All foreign athletes must comply with the rules of IAAF and ASA Rule 142.2 and 4, Foreign athletes are not allowed to run with an ASA Provincial licence and are required to purchase a temporary licence or face disqualification (Refer to IAAF Rule 4)
- Foreign athletes are not allowed to run in Club colours unless such Club exists in their Country of origin or they are in possession of a refugee status permit or are naturalised citizens of RSA (Refer to IAAF Rule 4).
- Objections fee must be lodged within 30 minutes before or after prizegiving in writing to the chief referee, accompanied by a deposit of R500.00, which is refundable if the appeal is upheld.
- Prize winners will be determined by their gun to mat time.
- Cut-off time for all events is 3 hours (10h30).
- COVID Rules at the time of event will be strictly applied and may vary from time of entering.
- Should there be a lockdown imposed the event will be converted to a virtual event.